

—THE— American School of Osteopathy

KIRKSVILLE, MISSOURI.

The course of study in The American School of Osteopathy is a carefully graded one, and is divided into four terms, of five months each. The terms begin in September and February of each year. The course thus requires two years for completion.

THE STUDIES ARE AS FOLLOWS:

FIRST TERM.

General Descriptive Anatomy, including Osteology, Syndesmology, Myology, Angiology and Neurology; Histology, including the description and recognition of the normal tissues of the body; the Principles of Chemistry and Physiological Physics.

SECOND TERM.

General Descriptive Anatomy of the Viscera and organs of special sense; Practical Anatomy, with demonstrations on the cadaver; Analytical and Physiological Chemistry; Physiology; Symptomatology and Physical diagnosis; Hygiene and Dietetics; Principles of Osteopathy.

THIRD TERM.

Practical and Regional Anatomy, with demonstrations on the cadaver; Physiology; Pathology and Pathological Anatomy; Urinalysis and Toxicology; Clinical demonstrations in Osteopathy.

FOURTH TERM.

Topographical Anatomy; Minor Surgery; Gynecology and Obstetrics; Medical Jurisprudence; Clinical Practice in Osteopathy.

The school is open to students of both sexes without distinction, and all have equal opportunities and privileges, and are held to the same requirements.

The methods of instruction are such as obtain in the best academic and collegiate institutions, and include recitations from standard text-books, lectures, quizzes, practical laboratory work, and practical clinic work.

The equipment of the school is complete in every respect. The recitation and lecture rooms are amply provided with all necessary means of illustration, such as specimens fresh and preserved, skeletons, models, charts, manikins and diagrams.

The respective laboratories are fitted up with all the necessary apparatus for practical work in the Anatomical, Histological, Microscopical, Chemical and Physiological departments.

The clinical facilities and opportunities enjoyed by students in this school are exceptional. An abundance of material is always available for clinic demonstrations, which are continued daily through two terms, with practical work in the clinic operating rooms by each student, under the direction of the regular operators, daily during the whole of the last term.

In addition to the regular clinical department, the A. T. Still Infirmary has constantly under treatment from three hundred to five hundred patients, and although the students do not see these patients, the many cases of diseases of all kinds under the care of the regular operators in the Infirmary gives them constantly fresh and varied illustrations for use in their lectures. Sometimes, too, patients whose cases may be of special interest offer the use of their cases for the purpose of demonstration before the students.

Opportunities are thus furnished to students for such practice and drill in the actual work of treating diseases as we believe is not equalled by any similar institution anywhere. The course of study is progressively graded with a view to giving students a thorough and comprehensive knowledge of the facts and principles upon which their future work is to be based. These clinic exercises in connection and immediately following give them facility and readiness in the art of applying the facts and principles which they have acquired in recognizing and treating diseased conditions.

Catalogue mailed upon application. For information as to terms, etc., apply to

C. M. T. HULETT, DEAN.

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DEFINITION.

Os-tě-ōp-a-thy, *s.* [Gr. ὀστέον (*osteon*)=a bone, and πάθος (*pathos*)=suffering.]

Legal: "A system, method, or science of healing." (See statutes of the State of Missouri.)

Historical: Osteopathy was discovered by Dr. A. T. Still, of Baldwin, Kan., 1874. Dr. Still reasoned that "a natural flow of blood is health; and disease is the effect of local or general disturbance of blood—that to excite the nerves causes muscles to contract and compress venous flow of blood to the heart; and the bones could be used as levers to relieve pressure on nerves, veins and arteries." (*A. T. Still*)

Technical: Osteopathy is that science which consists of such exact, exhaustive, and verifiable knowledge of the structure and functions of the human mechanism, anatomical, physiological and psychological, including the chemistry and physics of its known elements, as has made discoverable certain organic laws and remedial resources, within the body itself, by which nature under the scientific treatment peculiar to osteopathic practice, apart from all ordinary methods of extraneous, artificial, or medicinal stimulation, and in harmonious accord with its own mechanical principles, molecular activities, and metabolic processes, may recover from displacements, disorganizations, derangements, and consequent disease, and regain its normal equilibrium of form and function in health and strength.

Os-tě-ō-pāth, *s.* The same as **OSTEOPATHIST** (q. v.).

Os-tě-ō-pāth-ic, *a.* Of or belonging to osteopathy; as, *osteopathic* treatment.

Os-tě-ō-pāth-ic-āl-lý, *adv.* In an osteopathic manner; according to the rules and principles of osteopathy.

Os-tě-ōp-a-thist, *s.* One who believes or practices in osteopathy; an osteopath.

Dip-lō-māte in Osteopathy. The technical and official designation of a graduate and practitioner in osteopathy, the formal title of such graduate or practitioner being *D. O.—Diplomate or Doctor in Osteopathy.*

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DR. A. T. STILL'S DEPARTMENT.

CONVULSIONS are an effect, and to know the cause has been the anxious study, not only of the doctors of medicine, but of every household in all ages. Convulsions have no partiality—they are just as apt to take hold of a czar as a peasant—a general in the heat of battle as a man in the ranks—a minister or priest who is reverently thanking God for life and health, as a layman—the mother as she nurses her babe from her loving breast, as the babe. All are equally liable at any moment in life to be attacked by spasms, rigid in nature, which deal their blows on the nerves to unconsciousness, and often do not relax until death closes the doors of life. "Spasms" are the unsolved problem of all the philosophers of past time. The question of their solution is open today, with the prayers of four billions of people for the success of the philosopher who can solve the mystery of catalepsy, epilepsy, apoplexy. The doctors of all schools of research join in the hope that someone may catch and tame that demon who is the terror of the whole earth from the cradle to the grave. I feel it would not be manly for Osteopathy to omit to say something on such a momentous question as spasms. I feel there is no harm in giving a history of a few observations and results of experiments with that dreaded disease for twenty years with drugs and another twenty years by Osteopathy.

When I used drugs, some patients got well, but the greater number continued to have spasms right along, though mild and strong medicines were faithfully and hopefully used. Many lost their minds entirely; others became feeble minded and idiotic. Questions like this arose: "Have I failed to cure the spasms and ruined all the powers of reason by administering such powerful remedies as popular authorities on convulsions have recommended?" The truth is, spasms are the unsolved mystery of the time, without reference to methods or doctors.

To an observer a spasm presents a general rigidity of the muscles of the whole body, beginning with the ligaments which attach bones to bones, and all the ligaments of the whole system. With this condition presented to our observation, questions arise and a great many of them. We see and know that here is a case of spasms, in which we see all voluntary nerves and muscles under subjection and entirely inactive. The person struggles until exhausted; the spasm abates but the unconsciousness continues for a longer or shorter period. Finally consciousness returns, with motion of the whole body apparently in normal condition. On examination we find nothing on which to predicate an

opinion as to cause. We frankly say we do not know the source of this trouble. We think and talk about "maybe-so" causes. In our ignorance of the facts, we are just as apt to say "tapeworm, or other intestinal worms," or something that has been eaten, or drank, that has produced an irritation of the general nervous system by the presence of foreign bodies in the bowels. We use purgatives for the purpose of removing such irritants, and we use them freely and often. In a few days or weeks another spasm appears, as powerful or worse than the first. We feel the trouble is not from the irritable bodies in the bowels, after they have been thoroughly cleansed by the most powerful and searching purgatives known to the profession. Another council is necessary in order to find, if possible, some other cause than the one just stated and rendered doubtful by use of drugs recommended for purgative and cleansing purposes. The second spasm is far more powerful than the first; consciousness and motion are much later in making their appearance, leaving the patient more exhausted. At this time we change our reasoning from the bowels to the general nervous system. We place our patient on such remedies as will break down the periodical rigidity of the system. We choose and administer such medicines as the wisest counsel suggests in treatment of nerve diseases. We prosecute the treatment more heroically than in the previous attack. We push those remedies day and night, week in and week out, hoping to destroy the cause, but in due time another spasm appears, more violent from the start, than the previous ones. It keeps up its fury until the patient becomes exhausted, the spasms relax for a moment then take hold with renewed energy, and keep up this process for a day, two days, a month or six months, with from thirty to seventy-five spasms a day, notwithstanding drugs are used by the mouth, inserted under the skin by the hypodermic syringe, and by medicated injections in the bowels. The attending physician is constrained to say there is no efficacy in drugs. In this time of trial and affliction, the patient dies in the spasm and leaves the doctor confirmed in the opinion that medicines are of no avail in convulsions. The doctor dreads spasms, because he has had the evidence that he has been at sea without a compass time and again.

After long years experience with spasms and trying to do something to relieve the sufferer, I gave up the subject as hopeless. For a number of years I had nothing to do with spasms. Finally I was impressed that the cause might be pressure of some section of the vertebra on the spinal cord, by dislocation of some joint of the neck or spine. On examination I found the bones of the neck or spine to be in an abnormal condition. I decided that the bones were partially dislocated, and held so by ligaments and muscles, which might press upon some system of nerves that should supply nutriment to other nerves, which failure would leave the motor nerves without nutrition; and they had no other method of telling us that their store of nourishment was exhausted than by contracting all motor nerves, and holding the system in that condition until the nutrient nerves could supply the demands, set the machinery of nutrition in motion and feed the motor nerves.

My opinion is firmly fixed if we suspend the supply of nutrition from the motor nerves we have spasms, which will last until they are supplied. The demand is absolute.

Since acting upon this philosophy, results have been satisfactory. I have treated many cases of periodical spasms successfully. I have confined my explorations for cause to the spinal column only. In every case I have found it to be abnormal both in bone and ligament. I am proud to be able to report that the majority of cases have recovered entirely. My investigations have not been under the most favorable circumstances because of attention to other subjects.

My sons and opera tors in the Infirmary are handling and disposing of a very great majority of such cases. With report of success already obtained we intend to prosecute investigation with the expectancy of finding more of the causes of spasms, also much of the so-called insanity, located in the spinal cord. We have had encouraging success in hundreds of cases which came previous to partial loss of mind either with spasms or so-called insanity. I believe relief can be obtained in the majority of such cases. This opinion is based upon the observation and results obtained by Osteopathy.

THE man who lives an honest life has influence from merit only. God himself has put merit only in all things. Policy is the soft soap of liars and hypocrites, which a man never borrows nor buys unless he doubts his own merits. A just and wise man needs no such help. Influence is asked for by men and women who have not enough merit to sustain them when they make a business move in life.

If a man desires an office he should never hunt for men or papers to loan him influence, unless on reviewing his past life he finds on the scales, that he has been found wanting, and is not the object of the admiration in his county, state or nation that is needed for a successful race. But if he wants an office or position for the money he hopes to get, and his only object is to obtain and occupy the position, that man is a stranger to merit.

When such a person goes to men of character for assistance, he knows his own word will be taken at a discount by those who know him best. He makes many promises which he does not expect to fulfill. He wants influence to hide his faults. A question: What influence does gold need beyond native merit? None; neither does it need recommendation written nor spoken beyond its native usefulness; no amount of influence would be of the least benefit to it.

I speak at this time as I feel, from long observation of men who depend upon merit with its triumph in all engagements in the battles of life. He who lives an honest and upright life should fear no man, rich or poor, of any political, religious or scientific position.

Why should we coolly pass the man of toil for two years, and then kiss him and his household with our lying lips, when we know that all we want is his

vote cast into the ballot box for the election of a policy man, who is like a cowherder who raises cattle for sale, just as some men will sell their friends, when they get good prices.

Why should an honest man ask for influence when his neighbors know all about him both good and bad? Why should a nominee for president, congress or the legislature, stump the county or state in which he was born farther than say, "I will obey your orders?" His character and caliber have stumped for him each day of his life, and he will get all the votes he merits, and that is all he should have; in fact a policy head is just like a dehorned cow's head, big at the neck only.

A policy hunter always has "friends for sale" written on the black bulletin of his heart. Instance: Judas of old; or any policy man. Who can trust such a cowardly pup? You have only to go to the church and other gatherings to see him bow and smile; he puts in but little money, prays loud and long, and asks God to care for the widow and orphan, but reserves the right to be called "Holy Willey." He loves the Lord for the wool that he can get from the flock. He would not go to heaven if it was not for the "influence" of "Old Nick."

A policy man will soon show you when he gets you in his grasp that you are his slave, and your liberties are lost. He has you and your babes under his political, religious and business whip, and will never smile again at you as a "wonderful blessing to all earth," but command your knee to bend in reverence to his powers, wash his fine carriage, hitch his team to it and hand him the whip, which he will apply to you and the horses which he has taken from you by a liar's policy, blinding men by cloaks woven by the most threadbare policy looms.

His tongue is that of a liar, his heart that of an assassin, his hand knoweth naught but to steal, he commands obedience with this injunction: Do as I tell you or I will organize mine host and crush you and all your friends and efforts for all time to come."

Let us pray! Oh Lord let me go to heaven when I die, but if there are any policy people within its walls I prefer oblivion to doubtful felicity. Thou canst punish me by any reasonable method, but I do think it would be too bad to have me spend an eternity where policy men and women dwell. Thou knowest I dread their tongues above all hells or half-way places. Give me merit, O Lord, for I feel that the very pillars of the throne of God stand upon merit.

I AM OFTEN asked this and similar questions: "Dr. Still, what caused you to study out the great truths of curing the afflicted without drug remedies?" As you have asked me that question, I will give you this as a partial answer. First, I tried the virtue of drugs, as taught and administered by

Allopathy, then noticed closely the effect from the schools of Eclecticism and Homeopathy. I concluded all were a conglomerate mess of conjectures and experiments on the ignorant sick man, from the crown to the hod. I learned that a king was just as ignorant of the nature of disease as his coachman and the coachman no wiser than his dog. I had passed through measles, whooping cough, and the full list of contagious, climatic, and diseases of the seasons. I was raised by a graduate of medicine, who trained me to observe the start, progress and the two endings of disease. The one to get well despite drugs and disease; the other to die amidst pills, prayers and all human efforts. I was familiar with the word "God" from a child up. My father was a good man (or tried to be.) He gave me castor oil, rhubarb, gamboge, aloes, calomel, lobelia, quinine and soap pills, then he would ask God to bless the means being used for my recovery. When I grew older I followed in his footsteps all but asking God to bless the means and poisonous filth I was using in my ignorance of cause and effect. I thought the filth I had given would kill or cure if it was its nature to do so, and in time nature's scraper would scrape out the system and the patient would get well.

I began to look for a God of truth who did not guess all things. I learned to believe that there was a respectable God at the head of all things—one who did not use morning bitters to tone him up for the coming day's work. I began to learn that all his work when done was placed above criticism or even a suggestion. I concluded I would prove him and see if he was as smart as I thought he was. I put his work on the race track of reason and experiment. It got the purse of victory every time and all the time.

I got ready to attend the fall races. I got up in the judges' stand where they ring the bell to "go." Nature's little pony came out on the track. He was not much bigger than a goat. He sided up by the fine steeds of drugs, and at the word "go," he lit out at full speed. I was afraid the fiery steeds would run over him. The race grew more interesting each quarter-post he passed, and he won the prize in fall diseases, because he depended upon Nature's law. The horses of much ribbon and big saddles tried their very best; they broke gait, ran and plunged in wild confusion, determined to pass Joshua, but he got the purse, blue ribbon and all, in the fall races.

They found that Joshua had nothing to do with jockey racing. He went on into winter and spring diseases; he commanded them to stand and they did stand.

When the races were through and the fiery steeds found there was no use to measure speed with "Joshua" they made many suggestions. That, as Osteopathy was a great truth discovered and demonstrated by Joshua, it could be made a great money scheme; that millions could be made out of it; that its literature should be placed upon all newsstands because of the anxiety of the people to know something of the pedigree of this little horse of so many victories on all race tracks, where the speed and efficacy of remedies should have a fair trial and the ribbon be awarded to the successful contestant; that the

notoriety thus obtained will give in favor of Joshua the lever by which we can make countless millions, if we use it.

Joshua stopped and looked at the sun and moon which he had commanded to stand. The order had been obeyed at once, and while looking at those wonderful planets he said: "I will go into no jockey races, combines, or organizations by which one dollar or one cent can be taken unjustly from suffering humanity. Fame and money are not what I want, unless it be given me at the tracks where the ribbon of merit is awarded to the successful horse, without jockeying or collusion whatever."

Osteopathy is not the outgrowth of printer's ink; but of what it has been able to do for the afflicted when all other methods had failed to give relief. The mouths of the once afflicted and now well are the oracles through whom the growth of the work of this science has been made great and world-wide famous. It is the cures, not paper stories.

It is not my intention to write nice pieces for the orator to quote from, but to suit myself only. If a journal can be made self sustaining I will be fully satisfied. It cannot be conducted as other magazines because it is in a sea of furious waves and will load to suit its comfort all the time. Some say the Journal will be criticised; the lack of criticism is what I fear.

NATURE AS A PHYSICIAN.

THERE is probably no other branch of human knowledge about which the popular conception is so vague as the science of medicine. In theory people no longer look upon the physician as a man endowed with supernatural insight and power, but in fact they still regard him in that light. They call him to attend a case, and expect him to see at a glance the nature of the disease, its cause, and its remedy. They confidently trust to him to prepare some mysterious compound that shall by magic work the desired transformation in the weak and ailing body. When he fails, they blame him; when he succeeds, they extol him. All this is merely childish credulity. Man is powerless to effect a cure. He can no more change the tissue of the human body than he can add a cubit to his stature. Only nature cures. The utmost the wisest physician can do is to secure to his patients such physical conditions as favor nature's restorative processes. * * * * *

It is to nature, then, that we must look for the boon of health. Her remedies are few and simple, but they are effectual. First of the agencies which she employs is the self-healing energy of the human body. By this wonderful provision she performs her surgical operations, now binding a broken bone in gristly splints and hastening new bone matter to the spot, or again casting out an irritating foreign body by suppuration, or encasing a non-irritating one in a tough membrane, to render it harmless. By this same provision she sends the life-giving medicine to the blood, charged with oxygen, to any diseased or injured part, to tear down and burn waste matters, and replace them with strong, new tissue; and by the same provision she daily renews the cells of the brain, stimulating one faculty to perform the work of another impaired. In short, she repairs and rejuvenates every part of the body, equalizing the physical forces and keeping alive the vital spark. To perform this superhuman work, nature has need of certain fundamental elements. First of these is proper food to supply fuel for the furnace of the body, and to replenish the blood with the constituents of every organ,

Nature demands sleep. Only when the body is relaxed and the functions suspended, can the work of repair actually proceed. Everyone knows the importance of "nature's sweet restorer," but there are few who do not take liberties with this prescription of the wise old physician, and then marvel at their weakened nerves and failing strength, and the inroads of old age. Not less essential is exercise. It lights the fires that burn up the refuse of the body. Every contraction of a muscle breaks up tissue and sets free latent heat. Many an indolent hypochondriac acquires ill health and even superinduces disease by the mere lack of exercise to keep the fires of the body burning.

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Water is another of nature's prescriptions which is not half appreciated by blind, heedless mankind. The ways in which it may be used to the advantage of general health are surprisingly many. Of itself, it is a tonic charged with vital principles, and taken in large quantities it is invaluable in its effects in flushing the system. Its value in the bath is also too little understood. Not only is it necessary to the proper ventilation of the skin, but it is a wonderful sedative, and has power to allay fever and pain.

Sunshine is another indispensable element in nature's pharmacopœia. All vigor comes from the sun, and this is not more true in the vegetable than the animal world. It is a scientifically established fact that the influence of the sun's rays upon the nervous system is markedly beneficial. It also develops the red disks of the blood. Sunshine is, moreover, the most successful foe of contagion, and many a substance that would undergo putrefaction in dark and damp places will remain sweet and wholesome under the benign touch of the sun. A sun-bath is the only remedy needed in some disorders. The vital principle of nature's prescription, however, is air. There is no poison so insidious as vitiated air, and there is no tonic so invigorating as pure air. It sweeps into the lungs laden with the life-element, oxygen, and bears out, like a faithful scavenger, the impurities of the system. In many a family, the health of the members is slowly but certainly undermined by air starvation, and the only cure for the variety of scrofulous affections developed is air—floods of pure, sweet untainted air.

In addition to these external elements, nature requires a buoyant spirit. A sound mind is necessary to a sound body. These facts are mere axioms known to every school child. All mankind is familiar with them, and all mankind regards them. If we followed the dictates of nature with the same absolute confidence and religious faithfulness with which we follow the superficial prescriptions of frail mortals, the greater part of the ill health and disease in the world would be summarily cured.—*Selected.*

THE CHEMISTRY OF THE BODY VERSUS THE CHEMISTRY OF MEDICINE.

MASON W. PRESSLY.

Osteopathy has gained a signal triumph over the antiquated practice of medicine, if it can show, reasonably and scientifically, that the human body has within itself a laboratory that can compound and manufacture all the remedial resources necessary to its sustenance and maintenance, in health and in sickness; and that the contents of the drug laboratory are not only unnecessary to the being and well-being of the body, but that they are not of a character, either as stimulative or nutritive, to add anything to the life-forces and fluids of the body. We believe that we can thoroughly establish this thesis. Just here is where one of the strongest arguments in favor of Osteopathy may be made, and we propose to refute the claims by which the chemistry of medicine, for so many centuries, has established itself in the mind of a long-suffering people; and we do so without any fear of contradiction from the representatives of any or all forms of medical practice.

The term "organic chemistry" is a familiar one. What does it mean? It can only mean the chemistry which organs make. There is no mere chemistry which can make an organ. There is no laboratory which can turn out, or build up, even the lowest cell. Life, as the energy of all living organs in the body, has a chemistry of its own, and it is absolutely unique. It cannot be imitated or duplicated by any artifice or art. It makes up compounds which all other agencies are powerless to make. Mere chemical affinity, so far as any one knows at present, cannot produce any "organism," however simple or however low. It can give rise to no structure beyond the structure of the *lifeless* molecule.

When chemists are compelled to define more accurately what they mean by "organic chemistry," they are obliged to confess that all they mean is the chemistry of the "Proteids" or of the "Hydro-Carbons." That is to say, it is the chemistry which produces a definite series of compounds, chiefly of hydrogen and carbon, which life in living organs is alone competent to produce. The chemistry of life is not the same as the chemistry of the inorganic, and no man can show that it is. Its elementary substances may be the same, but in so far as these elements are worked up into combinations, which are effected by no other agency than vitality, and exist in no other department of nature except that of living things, it is different. It is precisely this difference that we wish to show and maintain.

We are told sometimes in great triumph that certain products which are called "organic" can now be made by human artifice in the laboratory. We emphatically deny this assertion, and we challenge the whole world of chemists to prove it. If this can be done, and such "organic" substances were

introduced into the human system as nutrient, assimilable material, then, drugs would have some basis on which to rest, and the chemistry of medicine would be a fact. But it cannot be done, and it is not true. So, therefore, drugs are useless, and medication by drugs is unscientific. No fragment of matter, having organic structure, has ever been made in any laboratory by the hand of man. What he has succeeded in making has been some one or two of the unorganized compounds which living organs make, or rather which are among the products of their decomposition and decay. Urea, one of the waste products of the living body, is the principal triumph of what is ambitiously called the "organic chemistry" of the laboratory. Some progress seems to have been made in "building up" in the laboratory some of the "alkaloids" which enter into the composition of certain vegetables. But none of these successes of chemical manipulation, even if they were multiplied a hundred fold, brings us one step nearer to the manufacture of anything which really belongs to the inimitable chemistry of the human body. One might as well boast of making an "organic" compound when one has made, as it is easy to do, sulphuretted hydrogen or ammonia.

And how does the chemist "build up" his so-called organic compound? By careful analysis he first ascertains the elements of which it is composed, and again by a highly artificial and elaborate manipulation of these elements he has got them to combine in the required proportions. But the resultant combination is not organic. It has no more life than has a crystal, and its introduction into the body carries no element of nutrition or life. It is absolutely dead matter, and the body is better without it, than with it. Its introduction into the body is followed by the depletion of its life-forces and fluids. Chemical composition is one thing—and this is as far as drugs can go—organic structure is quite another thing, and this is the quality of which drugs are absolutely devoid; and yet this quality is demanded of everything that is introduced within the body for its sustenance or maintenance. Chemical analysis is critical; it corresponds to an exhaustive dissection of the body. This may be done, but it results in death and destruction. Chemical synthesis corresponds to building up the body out of the dissected elements; but after the most elaborate "building," the result is only a cadaver. Life has gone.

Physiological chemistry is beset with many difficulties. These difficulties are not due simply to the complex constitution of most of the substances with which it has to deal. They are also very largely due to the fact that these substances are products of life; and living tissue cannot be at the same time kept in normal condition and subjected to the handling necessary for chemical analysis. As soon as it is no longer alive, or at any rate long before any chemical analysis can be completed, the constitution of such tissue is changed. However carefully the chemical elements, which enter into the substance may be preserved, their *constitution*, their chemical arrangement and behavior, cannot be preserved. It is impossible, for example, for the chemist even to determine the specific gravity of uncoagulated blood, except by operating with extreme

expedition and at a temperature below 0°C . It can be seen, therefore, that the formulæ of the chemical constituents of the body are almost wholly empirical and not constitutional. They are made from the elements when dead, and not when alive. Our physiologies abound with the formulas of dead substances, and it is by means of such empirical formulas that the practice of medicine is constructed. To say the least of it, it is rotten!

Physiology, truly defined, relates to the body under the action of life; and Osteopathy deals with the body under the action of the physiological chemistry of Life, while the practice of medicine proposes to maintain the living body by administering the dead products of a lifeless chemistry.

The most elaborate and ingenious of the drug combinations are after all structures only in the same sense in which crystals are structures. But the structures which are elaborated by life in the organs which are its own home and seat, are structures in a very different sense indeed. Mechanical segregation is the law in the chemistry of drugs, while vital aggregation is the law in the chemistry of the human body. The unit of organic structure is the cell, and every living cell is a whole world in itself, with indwelling capacities and powers as various as the ultimate causes of them are mysterious and inscrutable. Take, for example, the corpuscles of the blood—bodies so minute that one cubic millimetre of the fluid is estimated to contain five millions of them—that is to say, that one cubic inch of blood would contain eighty millions of these corpuscles. Yet each one of these corpuscles is a complete apparatus in itself. Just here is the secret arcana of life. There is no human priesthood privileged to go within its veil. The chemist can analyze it indeed, and can tell us of the elements of which it is composed, but the results of his analysis throw no light upon the problem of how all these elements are made and maintained in the economy of life. Among all the wonders of Nature, there is perhaps no wonder greater than the circulation of the blood. Its physical, its mechanical, its chemical, and its vital phenomena are all equally complicated, and are all intimately interwoven. The chemistry of medicine knows nothing of the intricacies of these relations. The Bible says: "The life is in the blood." Osteopathy says, "A normal flow of blood is health," and it is the object of its practice to secure and maintain such a normal flow, by removing all obstructions, anatomical and physiological, so that nature may effect the equilibrium of health. The chemistry of medicine is ignorant both of the mode and matter of life's healthful equilibrium, and is absolutely powerless to add a single living element to the problem of health, from its laboratory of empirical formulations. Its artificial conditions very often can with difficulty be maintained, or possibly they cannot be maintained at all, beyond a certain time. This is indisputably the case with the compounds of the pharmacopœia,—compounds, which being thus highly artificial, are consequently liable to decomposition and decay. Chemical affinity, under enforced control, is employed to make them; but chemical affinity, escaping from control, as it invariably does, cannot be hindered from unmaking them again. All such compositions are

unnatural. In them the laws of chemical affinity have been unnaturally manipulated. But the Osteopathic conception exalts the province and powers of nature, in the construction of the body as shown by its anatomy, in the composition of the blood as shown in its physiology, and in the control of all of life's forces and fluids, as shown in its practice. It gives free course to the blood-flow, as it carries within itself the commerce of life. It has announced as its distinctive definition of disease, that it is "the effect of local or general disturbance of blood."

The current of blood is like some great river, now running in one wide channel, now dividing into a thousand rills, but everywhere bearing in its stream vast multitudes of little rafts more numerous than all the ships and boats and navies of the world, each laden with a precious cargo, and each yielding up that cargo as well as its own materials to repair and reanimate the tissues which are suffering loss or exhaustion from the work and waste of Life.

THE TERM "REFLEX ACTION."

Osteopathy believes in the intelligibility of nature and of nature's God, "in whom we live and move and have our being." There is no mechanism in the world which gives such evidence of intelligibility, as the human body in its structure and control. The principles and operations of the body are not the results of blind chance. They are, rather, the products of an intelligent mind. Mind is resident in and president over every movement and action of the human frame. There seems to be a disposition on the part of all the physiologists to ignore this element of mind, and to explain all bodily phenomena upon a purely materialistic basis. It is to this disposition that we take exception. It is the effort of Osteopathy to put the body, in all its construction, composition and control, upon the high plane to which it belongs; and so it has not hesitated to add to the common elements of matter and motion, that of mind. The living body has not only its physical elements, and its physiological activities, but it has also, and preeminently, its psychic forces.

We wish to refer to a misuse of language which is common in connection with phenomena of the very highest interest and importance in the science of physiology. We refer to the regular formula of words which is almost always employed to designate and define the automatic actions of the animal frame. The set phrase for this class of movement is "Reflex Action."

Now this phrase is not only wholly incompetent from weakness and insufficiency to convey any adequate conception of the facts as they exist in Nature, but worse than this—it involves conceptions and suggests analogies which are altogether misleading and erroneous.

"Reflex" etymologically means, of course, "turned back" or "bent back." And this is the sense in which it is properly and accurately applied to such phenomena, for example, as the reflection of light or of radiant heat. In these

cases the radiant energy impinges upon some surface, and is turned or bent back from it so as to take a new path in a different direction. But the essential idea in all such cases is that in both paths—the path of incidence, and the new path of reflection—the original energy is the same in kind. The light which strikes the surface of the sea is nothing but light when it glances off the liquid surface and appears as a vivid gleam upon the horizon. Now, there is no analogy whatever between this kind of movement or of action and the highly complex movements which result automatically in the living frame of animals from the stimulation of some external nerve. It is quite true that some movement goes inward to the brain, or to some subordinate nerve-centre, and that some movement comes back in return. But the movement which goes afferently is not the same movement which returns efferently. The two movements are not only far from being identical, but they are not even the same in kind. We might as well describe it as "reflex action" when some great fleet weighs anchor and puts out to sea in response to a signal from the flag-ship; or when gunners enveloped in a cloud of smoke aim their artillery by directions from the top; or when a dozen long freight trains run along in sections in obedience to the messages sent out from the office of the train dispatcher. These are no random similes. They are perhaps the closest analogies which could be chosen to illustrate the wonders which are performed by the bodily organism under some simple stimulus applied to the termination of a nerve. In itself that stimulus may be said to be a signal and nothing more. The reading of it involves the interpretation of a fixed code of laws, and the obeying of the signal by responsive action involves the simultaneous and the coordinated action of a host of living structures. In all such cases, the action which begins is not the same kind of action as that which follows. The initial movement is one which is uniform and simple, having no other office than to arouse, and to suggest or order. The resulting movements are multiform and complex, with all the functions of interpretation and of obedience. There is nothing whatever here corresponding to the mere bendings and repetitions of physical reflection.

If there be any purely and merely physical relation between the tremors of a nerve and the complicated movements which arise in answer, it is a relation not of sameness or even of likeness, but a relation, on the contrary, of such essential difference as to correspond better with the idea of some total transmutation. But even this is a feeble image. The facts of nature demand imperatively that we should admit into our conception of the results which are concealed under the words, reflex action, certain elements other than those of mere mechanical motion, however changed in direction or transmuted in form. The term "reflex action" is not sufficiently descriptive of what actually takes place. For example, when a drop of acetic acid was placed on the thigh of a decapitated frog, the foot of the same side was raised, and attempts made with it to rub the parts. On the foot being amputated, and the acid applied as before, the animal made a similar attempt, but failing to reach the point of irritation with the stump, after a few moments of apparent indecision and agitation,

raised the other foot, and attempted with it to remove the irritant. In this experiment, which the writer made, the relation between the stimulus of an afferent nerve and the efferent movements which are carried into responsive pre-adjusted action, is such that the term "reflex action" does not fully express it. The relation is of such a kind as that the resulting movement is calculated to push or wipe away the stimulus. In other words, a certain purpose is evident in the reflex action. This evidence of purpose is what is especially to be noted. It is of prime importance to the Osteopath; for the largest amount of his effects are obtained by means of this so-called reflex action. But this formula of expression, which is universally used by physiologists to describe some of the most important phenomena of their science, is inadequate. It does not represent or express the mental element of pre-adjustment and adaptation, and this is the most prominent and characteristic feature in the scientific appreciation and description of facts.

Take the Osteopathic treatment for the stimulation of the functions of organic life. The relations between the treatment given and the results obtained are more than can be expressed by the term "reflex action," although this is the term in common use. Reflex contraction of the visceral muscles is caused by stimulation of their corresponding afferent nerves, such as may be seen in the mechanism of the retention and expulsion of secretions. Between the nervous mechanism of the visceral and animal functions intimate relations exist. Reflex movements of the viscera may be produced by stimulations applied to certain cutaneous surfaces, and conversely, irritations of visceral surfaces are capable of being transferred to the muscles of animal life, a connection which serves to explain many phenomena of disease—*sympathies* (*synæsthesiæ*, *synkinesiæ*.)

In all these cases there is more than mere reflex action, and our criticism is that the purely mechanical or physical relation of mere bending or turning is not only inadequate, but is an essentially false image of the real relation which subsists between the afferent stimulus and the efferent results. This relation is best expressed by an *adaptation* to the stimulus. A certain purpose is evident in the resulting movement. This adaptive purpose of the brain and spinal cord, and their intelligent ordering of the forces and fluids of the body, in response to the external stimulation or mechanical movements peculiar to Osteopathic practice, constitutes an unlimited area of resources and results, open to the thought and treatment of the reasoning Osteopath.

QUEER THINGS ABOUT MANKIND.

FEW people are aware of the wonderful engineering skill and ingenuity with which their bodies are constructed. If patents were taken out for all the clever contrivances to be found there, they would probably keep the staff of the Patent Office going for three months.

Who would think that in his eye there is a block and pulley, or "tackle"

as the sailor calls it, as complete and efficient as that with which a ship hoists her mainsail? There it is, however; and whenever you look at the tip of your nose the muscle that moves your eyeball works in it. There are several of these pulleys in the body.

Another clever dodge in nature is shown in the bones of the face. Accomplished engineer that she is, she always uses the smallest quantity of material sufficient for strength. In making the bones of the face, she wanted a large surface to which to attach the muscles; but, as she didn't wish to encumber us with heads as heavy as an elephant's, she burrowed hundreds of little holes in the bones, called air cells, and thus secured strength, large surface and lightness.

In the same way she made the long bones of the legs and arms hollow in the middle. What a saving this is may be understood from the fact that a hollow shaft of bone or iron—or any other substance—is about twice as strong as a solid shaft containing the same quantity of material.

When you get a severe cold you are apprised of the presence of another cunning device—the Eustachian tube. This tube is two inches long, and passes from the inside of the ear back to the mouth. It was put there to keep the air at the same pressure inside the drum as outside. Otherwise there would be no vibration of the drum, and you would be almost stone deaf. When you get a bad cold this tube sometimes becomes inflamed and blocked, and you are made quite deaf.

Adam's apple, if it was that fruit that brought into the world all our woe, is now a useful organ. It serves as a sort of storage cistern of the blood for the supply of the brain. When the heart sends up too much blood, Adam's apple intercepts it, or part of it; and when the direct supply from the heart temporarily runs short, Adam's apple gives up its store.

The liver is a most wonderful organ, containing facilities of several kinds. But perhaps the most wonderful thing in it is that part set aside to look out for and arrest poisons.

All the food that you eat, except the fat, has to pass through the liver before going to the heart and body generally; and in the liver there appears to be stationed something in the nature of customs officers, who examine every bit of food and remove from it all substances dangerous to the body. But they are only capable of dealing with the small quantities in ordinary food, and when you are so foolish as to eat poisonous mushrooms or mussels they are quite overpowered.

Another protection from danger is afforded you by the supply of a small quantity of hydrochloric acid to the stomach. There are the little machines in the stomach specially designed for the manufacture of this acid from the salt you eat, and they are so regulated that they produce a quantity equal to one-fifth of one per cent. of the contents of the stomach. Experiment shows that this is exactly the percentage required to destroy the microbes that we swallow

in thousands in our food. But for this thoughtful provision of nature we would probably get a new disease with every meal.

Most people know the use of the epiglottis, which saves us from imminent death every time we swallow a bit of food. At the back of the mouth the air passage and the food passage cross each other; and, whenever we swallow food, it would inevitably go into the windpipe and choke us, only that this little body pops down and covers the entrance. It is like the policeman who regulates the traffic where streets cross.

The semicircular canals, for centuries a physiological puzzle, are an extraordinary device for enabling us to keep our balance. They are little channels, hollowed out, in connection with the ear, in the bones of the head, and partly filled with fluid lymph. As our head or body sways, the fluid moves, acting like a spirit level, and informing the brain whether we are standing on the perpendicular or at a dangerous angle.

One of the most valuable of all the inventions made for our comfort and safety is the perspirative gland. It acts like the safety valve of a boiler, letting off heat when we are becoming dangerously warm. If our temperature rose seven or eight degrees, we would not have twenty-four hours to live. The value of the sweat-gland is therefore obvious. In fact, without it, a foot-ball or cricket or rowing match would be out of the question, and we could not safely walk at a speed of more than a quarter of a mile an hour. Nature has taken good care, however, that we should not run short of these useful organs, and has given us no less than 2,500,000 of them.

So inventive was Nature when constructing our body that the difficulty is to stop enumerating her clever ideas. She saw that we would very soon grow tired if we had to hold up two heavy legs by means of muscular effort, so she made the hip-joint airtight, and the pressure of the air alone keeps the leg in its place.

At the same time, although she has not discovered ball bearings, she made the ball of the leg bone and the socket of the hip so smooth, and oiled the joint so well, that the friction is practically nothing.

When the spinal canal in the backbone was made, great pains had to be taken, for, while it consists of many pieces and is freely movable, it contains the precious spinal cord, one nip of which would be fatal. The measurements are so accurate that there is no danger of such an event. Wherever there is much and free motion, as in the neck, the canal is large and open, and a nip is impossible.

Again, the heart and lungs are, of course, the very basis of our life. They are in constant motion, and if allowed to rub against the chest walls around them they would either get inflamed or wear away by friction. Nature, has, therefore, surrounded them with a double sac, and between the outer and inner layers of it she has placed a quantity of lubricating fluid.

But the most remarkable of all devices is that for splicing bones. The moment a bone is broken, a surgical genius is at once dispatched from the

brain to the spot. He proceeds to surround the broken ends with a ferule of cartilage. This is large and strong, and takes quite a month to complete. When the two ends are held firmly and immovably in place by the ferule, this mysterious surgeon begins to place a layer of bone between them and solder them together.

And when the layer is complete and the bone securely welded he removes the ferule, or callus, just as the scaffolding is removed from a finished building. Often a bone does not get broken for two or three generations, and yet this power to form the callus, and knowledge of how to do it, is never lost.—*From Answers, in Scientific American.*

OSTEOPATHIC "STIMULATION."

BY LAWRENCE M. HART.

SO MANY theories have been advanced as to how stimulation of nerves and their centres is brought about by an Osteopathic manipulation that one more will hardly serve to complicate the discussion; and that interest may be revived in the proper solution of this problem, which is of the utmost importance to practitioners of our school, I give the idea as it occurs to me, in hopes that my impressions may either be confirmed or my mind disabused of its error.

The fact that any thoracic or abdominal viscus having no actual lesion, but being abnormal in its action, can be brought to a proper performance of its functions by intelligent manipulation along the spine, is of easy demonstration to anyone who will take the trouble to investigate our work—but how the various nerves are reached, whether reflexly, directly, or by means of their blood supply, has been a matter of some debate.

One of the first theories advanced to explain this phenomenon, but which is now, I believe, generally discarded, was that reflexes which were little understood, the nervous circles which made them possible being unknown, were responsible for the results we obtained. The fact that, in a large number of cases, there are no anatomical or physiological data on which to base such a conclusion, might serve to eliminate the idea of reflex stimulation from the discussion.

That we get our results by a more or less direct mechanical irritation of the nerve cells themselves seems to be the theory accepted by a large number of students and practitioners. Experiments teach us, however, that a direct stimulation is followed by an immediate effect. Now, our best cures are not, generally speaking, immediate, but are only obtained after a more or less continued course of treatment. This fact, considered in connection with the extreme density of the structure which forms the protective covering of the

spinal cord, must lead to the conclusion that the centres which it contains are not stimulated by the direct or indirect pressure of the operator's hand.

How, then, is it possible to account for our cures? That our work is not upon the nerves, but rather upon their blood supply, has always been the sentiment of the illustrious founder of our school, and the belief that the theory which I am about to give is not entirely at variance with his opinion lends me encouragement to present it to the public.

There are but two ways in which a nerve may be affected by its blood supply—it may become anæmic as a result of total or partial occlusion of its nutrient vessel, or it may become hyperæmic through distension of its artery.

A nerve, like any other anatomical structure, will degenerate if deprived of its normal supply of nutritive material, and a degenerated nerve is equivalent to a total paralysis of the parts supplied by it. On the other hand, blood in excess has a stimulating effect, the stimulation, however, being transitory, as a long continued or excessive irritation results eventually in inhibition. To be more clear, a muscle or organ kept in continual activity by repeated stimuli will sooner or later, through fatigue, refuse to respond, and the result is as if no stimuli are given. The above facts would seem to indicate that any abnormality in the supply of blood to a nerve or its centre will result, sooner or later, in its inhibition, the only difference being an actual degenerative change of the structure of the nerve on the one hand, while on the other there is simply a paralysis of the parts supplied by it.

Reviewing briefly the anatomy of the blood supply to the spinal cord we find that, in the dorsal region, it gets its nutrition from the posterior branches of the intercostal arteries, which come directly from the thoracic aorta. These posterior branches, however, divide before entering the spinal canal, the spinal terminal of each entering an intervertebral foramen to supply the cord and its membranes, while the muscular terminal lies beneath the longissimus dorsi and supplies the muscles and integument of the back. In the cervical and lumbar regions the arrangement is similar except that in the neck the cord gets its blood from the vertebral, while the lumbar arteries supply its lower portion. It is a significant fact that from the atlas to the sacrum each artery entering the spinal canal has also a collateral branch to the muscles of the back.

Surgery teaches that if an artery be occluded by ligature or otherwise there is a rise of blood pressure in its nearest collateral branch, this increased pressure being the means of establishing a new channel of circulation to the parts formerly supplied by the occluded artery. If no collateral circulation be established there results, nevertheless, a collateral congestion. Now, if by any means, the blood should become obstructed in its flow through the muscular termination of the dorsal branch of an intercostal artery, would not the spinal branch, its nearest collateral, become congested by reason of the increased pressure within it, and would not this pressure be excessive as a result of it being so closely connected to the aorta, the largest artery of the body? This

congestion continuing, would it not be followed by inflammatory processes in that portion of the cord.

We may learn from the surgeon how it is possible for the blood to become obstructed in the arteries supplying the muscles of the back. He teaches that complete flexion or extension of a joint will retard the flow of blood through a part and sometimes uses this as a means of checking hemorrhage. As an instance, the current through the brachial artery may be almost entirely arrested by complete flexion of the forearm, the contracting muscles serving to compress that vessel; on the other hand, it may be less successfully retarded by complete extension, the opposing muscles tending to make the flexors tense. It is thus seen that an artery may become partly occluded either by contraction of the muscles among which it lies, or by their abnormal tensility due to the action of opposing muscles. If this is true of the muscles and vessels of the limbs there is no apparent reason why a contraction of the tissues of the back will not be followed by a similar result, and if it is true of a physiological contraction, would not one which is pathological, by reason of its longer continuance and greater severity, be followed by more complete retardation of the blood flow.

That pathological contractions do occur in the muscles of the back is evidenced by the following from Dr. Allen's work on human anatomy:

An abnormal phase of tonicity is met with when a muscle sustains unduly prolonged action of its fibres; under these circumstances a shortening of its belly takes place, which persists as long as the cause of the contraction is maintained. Such abnormal modification of contraction is termed contracture. Contracture of muscle, according to Billroth, is due to disease of the muscles, to primary disease of the nervous system, to loss of antagonism, as well as to the excessive use of one set of muscles over another. Stretching of a contracted muscle is readily accomplished and maintained, provided the cause for the contracture is removed. Contracture, clinically considered, is a subject of great importance. In lateral curvature of the spine contracture of the muscles will take place on the side of least curvature.

The "Reference Handbook of the Medical Sciences," in an article on the diseases of muscle, confirms the above and makes the additional statement that these contractures are most common in the muscles of the back.

It should now be apparent that any portion of the spinal cord may become hyperæmic as a result of the contracture of muscles over or around that portion of the spinal column, and, given an abnormal supply of blood, first stimulation, then inhibition will follow.

Dr. Jas. Ross, alluding to the spinal cord, uses the following language:

It may be readily imagined that in all inflammatory diseases the vicinity of vessels will be more liable than the remote portions to be inundated by effusion, hence the lines of distribution of the vessels may be said to form lines of least resistance to disease.

If disease be present in the central portion of the cerebro-spinal system, the sympathetic will also be affected by means of the rami communicantes.

It is the current opinion that in order to inhibit, a different manipulation is required than is used for stimulating, and confusion sometimes results as to

which movement is needed. If the above theory be true, we neither stimulate nor inhibit, but simply, by removing an obstruction, remove a stimulating or an inhibiting influence. If we will remember that in the first stages of inflammation the nerve centres of the spinal cord are stimulated and that inhibition results simply by reason of their excessive or long continued irritation, it will be possible to see how we get apparently contradictory results by the same manipulation. In other words, if a contracture be relieved in its earlier stages the effect is apparent inhibition, but if relief comes later, stimulation results. All we do is to "touch the button" and nature does the rest.

THE CAUSE AND THE CURE OF SEA-SICKNESS.

BY MASON W. PRESSLY.

ONE of the most perplexing phenomena that has entailed the most dreadful sickness upon multitudes of people, and that has baffled the suggestiveness and skill of the medical profession, is commonly known as sea-sickness. Closely akin to this is train-sickness, nausea from traveling, swinging, and such kinds of motion as tend to upset one's equilibrium. The cause and cure of such terrible nausea seem easily explicable from the Osteopathic standpoint, for the condition is one that is wholly due to mechanical causes.

A distressing sense of depression, with nausea or actual sickness very frequently accompanies a disturbance of equilibrium. The chief centre of equilibration is the cerebellum. It has been discovered that vomiting is a very common symptom of disease of the cerebellum. It would seem, therefore, not improbable that the viscera are in relation with the centres of equilibration, and that they naturally affect each other. This reasoning is supported by the phenomena of a distressing form of dyspepsia, characterized by sudden attacks of giddiness, in all probability due to the abnormal impressions originating in the visceral nerves. Visceral irritation excites nausea and vomiting; and so, conversely, disturbances of the mechanism of equilibration, either directly or reflexively, may manifest themselves, as reeling or staggering on the motor side, and as vomiting and its accompaniments on the visceral side. This is the explanation of the reeling and staggering, the loss of coordinated movement—in drunkenness. Alcohol goes to the centre of equilibration and coordinated movement in the cerebellum, and this is followed, reflexively, by nausea and vomiting. Morphine affects the same centre, and, hence, its use is followed by nausea.

It is worth noting, just here, that all such nausea as may follow from the motion of the sea, or the train, or swinging, or from the effects of alcohol or morphine, is relieved by lying prone upon one's back. The centre of equilibration and coordinated movement is thus relieved of the control of equilibrium and coordinated movement, and, consequently, the visceral disturbances sub-

side. It is natural for a drunken man to stretch himself out in pronation. Nausea from morphine is relieved by lying down. And it is a fact that if one lies down and closes the eyes, one is not liable to sea-sickness, even after the premonitory symptoms have developed. Visual impressions, as well as labarynthine impressions induced by the movements of the lymph in the semi-circular canals, may be considered as having some relation to the cause of all such nausea as above described. For if one can fix the gaze steadily upon some fixed point, as a star or the sun in the heavens, or upon the horizon line, or some object on land, and confidently maintain a sense of equilibrium, and properly perceive the exact relations of surrounding objects, one would not have the nausea common in sea-sickness, or train-riding. Undisturbed fixation of the centre of equilibration is absolute proof against all such disturbances. In passing over a running stream, for example, one will be dizzy if there is any confusion in the senses between the fixed bridge and the running stream. If the bridge seems to move rather than the stream, then the centre is disturbed, dizziness results, followed by loss of balance; and if the perverted impression continued, it would produce nausea.

We are prepared, now, to conclude that the nausea and sickness may, at least, be partly the visceral expression of the disturbance of equilibration. But as sea-sickness may come on in a recumbent or sitting posture, the sickness and vertigo may be ascribed mainly to a perversion of the normal conditions of weight in the viscera, resulting from the repeated and irregular rising and falling of the basis of support. All such movements may easily produce visceral disturbances, followed by nausea, and, possibly, vomiting. Now, if this be the cause of sea-sickness, the cure will readily suggest itself to the thinking Osteopath. Of course, the mechanical relations of bodily position must be taken into account; but the visceral disturbances may be controlled through the splanchnics, and this will, reflexively, stimulate the coordinating centre in the cerebellum.

A striking illustration of the efficacy of Osteopathic treatment in cases of sea-sickness, was made by Dr. Harry Still during the summer. Dr. Still was invited to a special gathering of physicians in New York where he was asked to give demonstrations of Osteopathic treatment in cases of nausea following surgical operations—in which, by the by, he was eminently successful, and received the praise of many conspicuous Eastern surgeons. One of the incidents of the occasion was a yacht party; and during the delightful ride on Long Island Sound, many of the physicians became dreadfully nauseated with sea-sickness. Dr. Harry Still was implored to test the virtues of Osteopathy upon some of the fraternity who felt that they were drawing nigh unto death; and, to the surprise and wonderment of the sea-sick fellows, and the admiration and merriment of those who had not lost their equilibrium, Osteopathy triumphed! And thus Dr. Harry won another flower for the wreath of his victories. Osteopathy was thus brought into the praiseful notice of the growing wing of Homœopathic practitioners.

It deserves to be said for Dr. Harry Still, in this connection, that he established Osteopathy in Chicago, and in a year earned a lucrative practice. He was so thorough and successful in his work as to win some of the most eminent physicians in Chicago. This favorable impression is evidenced by the fact that the "Physicians' Club" of that city, through their secretary, extended a formal invitation to Dr. Harry Still, urging him in the most cordial and courteous manner, to be present at a banquet in October at the Victoria Hotel. This Club is composed of able and conservative physicians, and it is composed of the "regular" Allopathic practitioners.

It is a characteristic of the Stills not to court publicity, and what has been published in praise of their Osteopathic work, has been done largely without their knowledge. Dr. Harry is a modest man, and will blush to see himself in this connection, but it is done in obedience to the principle of "honor to whom honor is due."

HYGIENIC HINTS.

Excesses in youth are drafts upon our old age, payable, with interest, about thirty years after date.

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If we would have powerful mind, we must think; if we would have normal hearts, we must love; if we would have strong muscles, we must work.

★

In walking, always turn your toes outward and your thoughts inward. The former will prevent your falling into the cellars, and the latter will prevent your falling into iniquity.

★

A hint may be gathered from the witty remark of an Irish patient, who said that he liked Osteopathy better than medicine, for an M. D. so "drenched him with drugs during his illness that he was sick for a long time after he got well."

★

In treating diseases of the mind music is not sufficiently valued. An eminent French surgeon performs all his operations with musical accompaniment. In raising the heart above despair, an old violin is worth four doctors and two drugstores.

★

To quiet a crying baby, prop it by a pillow, if it cannot sit alone, and smear its fingers with thick molasses, then put half a dozen feathers into its hands, and it will sit and pick the feathers from one hand to the other, until it drops asleep. As soon as it wakes again—molasses and more feathers.

There should be no divorcement between muscle and manhood, or between strength and character. The two should be wedded together in closest bonds. Manhood needs to be muscular. Muscle needs to be manly. Strength needs to be shaped by character. Character needs to be permeated by strength. When rightly joined, they give us the grandest earthly being.

★

There is an impression in some quarters that athletic students in our colleges are altogether mental dummies, and that ball-players are jumping-jacks. While there are some toughs, the rule is that athletic students have better endurance in their studies. At least, they are better specimens of manhood than the dainty dudes whose chief exercise is carrying a huge cane, and whose best air is cigarette smoke.

★

It may be safely said that whatever increases one's chest measure increases one's power for good. The out-door exercise, and gymnasium, of today, will cure or prevent the dyspepsia of tomorrow. Dyspepsia brings depression of body, mind and soul. Even piety cannot be helped by pills, or devotion by dosing. If the people would recreate more in fresh air sports, the patent medicine men would soon grow lean.

★

Mens sana in corpore sano, was a motto among the athletic Latins. Cicero illustrated the idea. He appeared once before a great oratorical antagonist and was defeated. He immediately retired to the gymnasium, and after three years of vigorous training, he developed a body of charming grace, manners of pleasing persuasion, and a voice of inimitable sweetness and power. His physical culture gave him immortal prowess.

★

It is a grand thing to stand firmly on one's feet, to gird up one's loins, to walk, to run, to lift a larger weight tomorrow than we could yesterday, to do more work, to hit harder blows, to speed faster around the track of life. To do this we must live hygienically. Drink less, breathe more; eat less, chew more; ride less, walk more; clothe less, bathe more; worry less, work more; waste less, give more; write less, read more; preach less, practice more.

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There's no denying it, the popular idol of today is muscle. The crowd worships a big biceps. A prizefight eclipses a scandal in public regard, though neither is elevating. Where three care for music, two for art, and one for the truth, ten thousand are deeply interested in baseball. We are getting to be a gymnastic people. Subtract the abuses, and, it must be said, there remains a large increment of real utility and enjoyment, in getting some people into the fresh air.

The age demands fibrous bodies and minds. It is weary of sentimentality. It wants not traditions, but truth. It cares not to deal with dead dogmas, but with living realities. It wishes not to talk about "How to die," but "How to live." And the age is right. The body must be put into harmonious relations with mind and spirit, and the problems of life will be more easily solved, its burdens carried, and its competitions met and mastered. Osteopathy believes in the highest culture of the body, and appreciates, also, the relation of such a body to a manly, muscular, well-knit, fibrous mind—vitalized with strength.

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Osteopathic treatment, if taken in a timely and proper manner, is both prophylaxis and therapeusis—one is the prevention, and the other is the cure, of disease. It is far more sensible and scientific to preserve one's health when well, than to seek relief from disease when sick. It would be worth money in any well man's pocket to have a clean certificate of health from an Osteopath. To prevent disaster is better than to repair its breaches. The time will come when people will be professionally examined to be sure that they are well, rather than treated because they are sick. So, then, whether in health or in sickness, Osteopathy is the greatest benefit to the people.

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In our matter-of-fact life, we forget the hygienic value of laughter. Probably there is not the remotest inlet of the blood-vessels of the body that does not feel some wavelet from that great convulsion, hearty laughter, shaking the central man. The blood moves more lively; probably its chemical, electric, or vital condition is distinctly modified. It conveys a different impression to all the organs of the body as it visits them on that mystic journey when the man is laughing, from what it does at other times. The time may come when doctors, attending more closely than at present, to the innumerable subtle influences which the spirit exerts upon its "tenement of clay," shall prescribe to a torpid patient "so many peals of laughter," just as they now prescribe a pill or a powder, or an electric shock. Osteopathy succeeds better than any other method in keeping its patients in good cheer.

IMPRINTS FROM OTHERS.

BY WM. SMITH, M. D., D. O.

Demonstrator of Anatomy, American School of Osteopathy.

MAN is an impressible being and in our journey through life we are constantly receiving impressions, either for good or evil, from those with whom we come in contact. From none will one receive such strong and lasting impressions as from teachers, and especially from those teachers whom one respects. How distinctly do I remember my good friend Robert Reid saying to me when a boy at school in 1875, "what you need is focus, concentration of your rays." Poor Reid is dead years ago, but his words lingered in my mind and have done much to help me. I count myself fortunate in having passed my school days and my years at college under strict teachers: men of forceful character, high-minded, fearless men of honor, and, as a very slight tribute to their worth I purpose now mentioning a few of their characteristics.

The first medical man with whom I came in contact had much to do with my choice of a profession, for while George Keith was only our family physician and I only a sick boy, his kindly manner, bright, genial, courteous and skilful, he attracted my attention at a very early date in my life to the beauties of the healing art. Keith approached closer to the Osteopath than any man I have ever met. He believed that if people got a great deal less medicine than was usually given them they would do far better; in fact the only medicines which I ever heard him prescribe in our household through more than one serious sickness were compound liquorice powder, (Spanish stick liquorice) for children, and hot water. And the strange thing is that, with nine children in our family, and the usual amount of scarlet fever, measles, whooping cough, and all the other ailments, every one of the nine is alive at this day. To see Dr. Keith come into the house was a study. His long, spare figure ran up the stairs three steps at a time; a glance at the tongue, a touch on the pulse, then "H'm, H'm, he's all right, plenty hot water, plenty hot water; good morning, good morning," and he was off to his next case in just such another hurry. He tells in his own little book, "A Plea for a Simpler Life," that we all eat too much, drink too much and take too much medicine; that over twenty years ago he announced his intention (then apparently a hopeless invalid) to take no more, was scoffed at by his brethren, but now finds that of all of his circle he is the only one alive; and he is in good health.

When I entered the University of Edinburgh the first professor with whom I came in close contact was Prof. Dickson. A more careful or painstaking botanist never lived. I can never forget his almost childish delight when I found in the pond at the Botanic Gardens a specimen of Equisetaceæ with the petals arranged in rings instead of spirals (or was it the other way?) Dickson enjoyed his cigar, and to see the old man sitting out in the woods when we had

gone on a botanical excursion, explaining between puffs some beauty in a root or weed was delightful. When I passed from the earlier stages of the work to the more serious study of the human framework I came under the magic spell of William Turner (now Sir William.) Turner is probably the greatest living anatomist and certainly far and away the best authority on certain branches of zoology. I well remember the closing words of his first lecture in the new University buildings in Edinburgh in 1880. "Gentlemen, let your motto be 'Thorough' and God will prosper the work."

While Sir William Turner was my first teacher in anatomy, and consequently bears in my mind much of the admiration which the first teacher in a branch always retains from the student, my practical experience in the subject was gained from three men, Daniel J. Cunningham, (now of Dublin,) Charles Cathcart and J. Macdonald Brown, now a practicing surgeon in London. The last named was the most thorough teacher of anatomy whom I have met, a Fellow of the College of Surgeons of England and a member of the Anatomical Society. His work was simply perfect. In his lectures and demonstrations his work was always the same, not a word to be lost, for he was not verbose, he said what was important, he left unsaid what was not of interest to the student or practitioner. His friends were many; I only met one man who had not good to say for him, a rival teacher in a rival school. He was a close and kind friend to me and one for whom I will ever entertain the warmest and kindest feeling. While Struthers of Aberdeen reveled in the fancy work of anatomy, cervical ribs, monstrosities and, in short, the abnormal and uncommon side of the matter, Brown was essentially practical, holding that the student had enough to do to remember the normal without bothering his head with the abnormal; that when a structure had two names the simplest was the easiest to remember. He did much to lessen labor for me and to render my work in his rooms pleasant. The day may, perhaps, come when my work may be half as good as his. I hope so.

The same year I met with William Rutherford, the distinguished authority on the "secretion of bile," the most pompous and self-opinionated man whom I have ever met, but a profound and original physiologist and the one man of whom I can say that I never saw one of his experiments fail. How it was I know not, but if the little flag on the end of the frog's leg was to rise when he said it would, it rose; if the cardiograph was to indicate a certain condition when something was done the curve shown us on the screen the moment after was just as he said it would be. He may have had strings to the frog's legs and so forth and it may be that a little dexterous palming allowed substitution of cardiographs and sphygmographs, but it is as I said, Rutherford's experiments were all successful.

John Chiene, Honest John, (if these lines meet the eye of any of my old fellow students in Chiene's classes and wards I know how they feel as they read the words, "Honest John") impressed me more than all other men with the dignity of the healing art and the responsibility of its practitioners. Chiene

was indefatigable in his explanations. A strong believer in the diagram as a means of elucidation, he never entered his ward without a student with him carrying a blackboard and box of chalks. And such diagrams! but he explained them and we understood them, and we loved the dear, good fellow. A circle with the letter "M" in it we knew was a man; the substitution of the letter "W" for the "M" would at once have told us that the sex was changed and now we were dealing with a woman. What matter if his drawings were out of proportion, he frankly told us that he was no artist, and I can truly say that I learned more from Chiene's diagrams than from all other teachers in surgery put together. As a surgeon he was not brilliant or rapid, but he was better, he was safe. No man felt more than John Chiene the responsibility of his work; no man ever lived more conscientious, cautious, patient and kind.

Joseph Bell was my teacher in clinical surgery, and from him I learned much of the power of observation. Conan Doyle finished his course in Edinburgh just as I began mine and he has since told how Joe Bell's power of close observation and deduction therefrom suggested to him the immortal "Sherlock Holmes." Many a time have I seen Bell listen quietly to a long story from a patient in the amphitheatre, and then at its close begin to tell us a long story entirely foreign to all that had been told him, (to our astonishment and the bewilderment of the patient,) as to the patient's habits, his foreign residences, his relatives and so forth. And the strange thing was that only on one or two occasions did I know him to be wrong. All observation and intelligent deduction. Bell had the largest following of any man in the Royal Infirmary. There was not a dry moment in one of his lectures. You felt that every word which fell from his lips was of value. He was full of practical points.

Space will not allow me to do more than mention Fraser, the distinguished discoverer of Strophanthus, Hamilton the sponge-grafter, Sir Douglas Maclagan the medical jurist, Grainger Stewart the profound and skilful physician, all these and dozens more I met, respected and from them received imprints for my future character and conduct. P. H. Maclaren and Sir Henry Littlejohn I must however refer to at greater length, for from them I received more than hints—real, tangible expressions of kindness, and had my life changed from one of misery to one of happiness and health by the surgical skill of the former. For an all round good fellow, cheery, kind, good hearted and all that is best in a noble man, Maclaren holds the palm with me. Close intercourse with him for a year in his wards, assisting him at private operations and listening to every word which fell from his lips as the words of a man who spoke with authority did me much good. The student who respects and loves his teacher can learn more from him than he has any idea of until he goes out into the big world of practice, then he appreciates what he has learned. That is how I feel with Peter Maclaren. As for Littlejohn, the student does not live who can say that he ever heard a lecture from Littlejohn which he did not enjoy. Whether the subject was the "Water Supply of Large Towns" or "Poisoning by Means of Antimony," or any of the thousand and one things comprised in a course of a

hundred lectures on "Medical Jurisprudence and Public Health," Littlejohn made the subject interesting. He is a Caspar and a Taylor rolled into one; the man with the largest experience of original law in its relation to the physician and surgeon whom I ever saw or heard of. I never missed a criminal case if Littlejohn was to go on the witness stand, and I never saw the color of the lawyer's hair who could take him down. From him I learned, "be sure of your facts, tell them irrespective of side or party, and stick to them." These are a few of the men who helped to mould the good side of my character, who aided to make me a man, who taught me much of the little that I know. Whitehead, Blaxam, Henry Smith, Bader, and others in Manchester and London assisted, but my memory always goes back to my old student days in Edinburgh, and my great desire as a teacher is to so regulate my conduct and my class work that in the days which will come when I am laid away in the ground some of my students in the school of Osteopathy may be able to say something of me as I feel and say of the men who taught me in the early '80s.

A FEW THOUGHTS, PROMPTED BY A CASE IN POINT.

BY N. ALDEN BOLLES, Denver, Col.

ATONIC dyspepsia, or polyuria—which? "A queer query, surely!" some of our friends, medical or otherwise, might exclaim. But let us see what light the science of medicine gives upon these conditions, then note what the Osteopathic philosophy has to present, and how it enforces its argument.

The case is that of a young man whose complaint is a thirteen years' excessive secretion of urine, of very pale color and light specific gravity. No albumen, no sugar, and three times the normal volume. Unable to spend a reasonable time at any occupation without temporary retirement, incontinence of urine in sleep made him a burden to himself and his immediate relatives. Thirst was intolerable, appetite very poor, and what he did eat was often rejected by the stomach. What was retained was poorly digested, and a kind of chronic diarrhoea aggravated the distress.

Search among acknowledged medical authorities apparently warrants the diagnosis as polyuria or polydipsia with incontinence of urine, complicated by the presence of atonic dyspepsia and lenteric diarrhoea.

As to the two latter we find various causes attributed, such as heredity, imperfect mastication, excessive eating, depressed nervous system from worry or fatigue. Among other symptoms are given heartburn, waterbrash, perverted appetite, constipation, scanty and high colored urine, with excess of urates and oxalates, or, in nervous people it may be pale, of low specific gravity, and contain phosphates. Irregular flashes of heat and perspiration may supervene, as also insomnia and irregularity of the heart.

Referring to lenteric diarrhoea we see such causes given as lack of assimilation

lation, indigestion, and direct irritation of the mucous surface by the undigested food, even the digested portions being hurried along by the rapid peristalsis, leaving absorption incomplete,

For polyuria the authorities blame heredity; excessive water drinking; exposure; injuries and diseases of the nervous system; malaria. One writer has even gotten so close to a rational explanation as to give "dilatation of the renal vessels, through paralysis of their muscular coat, caused by derangement of innervation, probably, because the condition can be induced experimentally by irritating a spot in the fourth ventricle, or by section of portions of the sympathetic nerve."

As to treatment we are informed the stomach must have rest, and no stimulants with meals. Yet give *nux vomica* or *gentian* to stimulate gastric peristalsis, *pepsin* to aid digestion, *alkali* for acidity, *bismuth* for pyrosis, etc. For the diarrhoea, *opium* and *arsenical* preparations. For this kidney trouble, *strychnine*, *ergot*, *galvanism*.

In all this we see much groping for causes, and a little appreciation of symptoms. The treatment is perhaps the best that past experience along the drug line can indicate.

In every case the intelligent Osteopath requires to look to the anatomy and physiology of the parts in trouble, believing as he does, that symptoms and pathological conditions come from disturbance of physiological activity of structures.

Where then, will he look for the cause that creates the disturbances? Use common sense, and trace the course of their communication with the appropriate centers of supply. Realizing that the amount of water removed from the blood by the kidneys depends on the degree of dilatation of renal vessels, and that their calibre is controlled by certain splanchnic nerve fibres, he traces them all the way back to the vaso-motor centre in the medulla. Realizing that others control the blood vessels of the stomach and intestines, he does the same for them. Realizing that some needed qualities in the gastric secretion depend upon the integrity of the nerve supply, he uses the same sensible reasoning, and seeks for obstructions at all accessible points along the course of the gastric nerves; and this almost invariably gives results that show him reasonable grounds for expecting a cure if he can remove the abnormal mechanical condition found.

In the case referred to, an obstruction was found in one of the spinal articulations—not very prominent, but readily noticed by fingers trained to feel these parts of the human body. A purely mechanical effort succeeded in replacing the vertebra, thus removing the pressure from the corresponding intervertebral foramina, and releasing the compressed nerve fibres and blood vessels. Restoration of function followed promptly in all these disturbed organs, and within two weeks everyone of the symptoms described had entirely disappeared.

Is not the explanation simple enough? The particular nerves under com-

pression carried vaso-motor and secretory fibres en route to their destination, and their functions were disturbed.

An impression the writer can never forget was received during his first work in the dissecting room, under the tutorship of Dr. A. S. Lobingier, a gentleman whose attainments as a surgeon, whose conscientious attention to details, and whose kindly encouragement and interest extended to every worthy student have won for him the heartiest admiration of all. The impression was received upon noticing the wealth of blood vessels, distributed at frequent intervals along the course of nerves throughout the body. Most of them small, they appear to have escaped the attention of anatomists, who may have considered them unimportant from their small size. But this lavishness in number compensates for diminutiveness; it surely indicates the vital importance of a rich blood supply to such highly organized structures. The vessels supplying the spinal cord and its membranes are especially numerous, and freely communicate with each other.

Stenson observed long ago, that ligature of the abdominal aorta rapidly paralyzes the lower extremities. Schiffer proved it to be owing to anemia of the cord, and Landois reminds us that the anterior roots of the spinal nerves, as also the portions of grey matter of the cord, thus starved, die and undergo degeneration. What wonder then, that these spinal vessels, compressed in their passage through the intervertebral foramina, should so curtail the nutriment of spinal centres as to make them as irritable as a hungry child, producing "flashes of heat and perspiration." "If his son ask bread will he give him a stone, or if he shall ask for an egg will he offer him a scorpion?"

Shall we stone and scourge the poor stomach with gentian or nux vomica while doing its best with all the nerve force brought to it? It may be good philosophy to temporarily lighten its load by furnishing pepsin, which it cannot now fully supply, but while measuring out the pepsin or the alkali would it not be well to examine the channel of the deficient supply?

Shall we benumb the writhing intestines with opium, and poison the organs with arsenic, when they are struggling for relief from stuff that was not rightly prepared for their use?

Shall we sting all the nerves to greater activity with strychnine when we ought to feed the few?

Shall we disturb the whole circulation by contracting all the arterioles with ergot, or goad the weakened nerve into greater exhaustion by galvanizing it while symptoms declare with such eloquence that some renal nerve fibres are being squeezed nigh unto death?

These questions can have but one answer when viewed in the light shed by anatomy and physiology, intelligently studied, and which fairly floods in upon us through the intelligence of the immortal Andrew T. Still, and the work of the fingers he has trained.

The case described was treated not over two or three weeks. The last treatment apparently required was given nearly two months before the latest

advices, in which the patient says that now life seems well worth living. There has not been the slightest backset.

I would not for a moment be understood as advocating the idea that any so called "disease" should be attributed to any particular lesion. A given function may be disturbed by interference anywhere along any channel of its energy, be this channel a muscle, nerve, vein, bone, lymphatic or artery.

The boiler pressure decreases, whether from the lack of coal, accumulation of ashes that choke the draft, leakage at the engine, or any or all of many reasons. The intelligent machinist detects the trouble by his knowledge of the machinery and its normal operations. So the intelligent physician, knowing the structure and operations of the complicated body, can see, through the symptoms, the character and probable location of the interference that obtains in the particular case. Osteopathic fingers may make, assist, or corroborate the diagnosis.

The diseases as ordinarily named are often the result of a combination of interferences. It is equally true that one cause may produce several "diseases," as seen in the case described. Hence, the complicated variety of symptoms, sometimes (?) puzzling the doctor and vitiating treatment. Until one realizes the nature of the various symptoms, it is surely nonsense for him to prescribe by them with any hope of curing. To administer this drug for diarrhoea or punch that place for constipation, or manipulate somewhere else for bed-wetting are surely ideas conceived in ignorance and begotten in stupidity.

In order to accomplish anything by "pressing the button," you will do well to "first find your button," which, as clearly shown above, may be almost anywhere, and which intelligent search alone has a fair chance to find. In other words, he who most thoroughly understands the apparatus has the best and the only means of correcting its irregularities of operation.

MORE GOOD WORK.

NOVEMBER was a busy month at the A. T. Still Infirmary, and much good work was accomplished. The following cases are fair samples of perhaps a hundred cures that might be reported at this time. A reporter for the *Kirksville Journal*, who visited the Infirmary early in the month, has the following to say regarding the results of the work:

"Of the nearly six hundred patients who are now under treatment at the A. T. Still Infirmary, it is doubtful whether one could not say a good word for Osteopathy as taught and practiced at that institution.

"All of them have seen results achieved there that in all human probability could not have been accomplished by any other method of treatment. For instance, most of them perhaps, as well as nearly everybody in town, knew of the wonderful case of Miss Critchfield, the cure of which was detailed in last week's *Journal*. But not only have these 600 patients seen the beneficial

effects of Osteopathy upon others; a very large percentage of them have personal experience of the benefit of Osteopathic treatment. It is only a small minority that Osteopathy cannot help. Cases like that of Miss Critchfield where there is a seemingly miraculous change from deformity and crutches to erect and graceful carriage do not of course occur every day; but no one can mingle with the patients of the A. T. Still Infirmary without realizing that the institution is daily achieving a marvelous amount of good—curing cases which had baffled the skill of all of the older school physicians.

"Take the case of Mr. A. M. Kennedy, the senior member of the firm of Kennedy & Son, manufacturers of window sashes, doors, paints, etc., of Montgomery, Alabama. Four weeks ago Mr Kennedy came to Kirksville on crutches. For many months his lower limbs had been paralyzed, incapacitating him for business; and local physicians could give him no relief. Last Friday night, after only three weeks' treatment at the A. T. Still Infirmary, Mr. Kennedy, who is upward of sixty years of age, went home rejoicing—paralysis all gone and normal strength returned. It's a noble institution said Mr. Kennedy, with tears of gratitude in his eyes, when speaking to a Journal man of the Still Infirmary.

"The case of Mrs. Cox, an intelligent and cultured lady of Jacksonville, Illinois, also illustrates the superiority of the Osteopathic method of treatment. Mrs. Cox suffered from a peculiar complication of physical troubles, the most distressing of which was an affection of the eyes that at times rendered her almost completely blind and caused her the most excruciating temporal pains imaginable. These attacks would last as long as two weeks continuously. After the first treatment at the A. T. Still Infirmary the condition of Mrs. Cox's eyes began to improve and although she has had but eight treatments she is able to lay aside her glasses and do fancy needlework without any recurrence of her former trouble. It hardly needs to be added that Mrs. Cox is a firm convert of Osteopathy."

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One of the most interesting cases now under treatment at the Infirmary is that of Miss Shenton of Coyn, Page county, Iowa. Miss Shenton had taken a few treatments under Dr. Hartford, at Clarinda, Iowa, before he was compelled to close his office under the new medical law passed by the legislature of that state last winter, whereby it is made unlawful to cure disease except according to the formulas and with the permission of the medical trust of that commonwealth. Miss Shenton has been blind for twenty-three years, part of the time totally, and at best barely able to distinguish daylight from darkness. She is a graduate of the Iowa school for the blind. When she commenced treatment with Dr. Hartford she was also a sufferer from stomach troubles of a serious nature. She was so much benefited by a month's treatment at Clarinda, she decided to come to Kirksville and continue it. She arrived here on the 14th of October. At the time these lines are written she has taken two months' treat-

ment, including the treatments taken at Clarinda, under Dr. Hartford, and there are few happier faced people or more enthusiastic advocates of Osteopathy in Kirksville. The darkness which has shut her out from the world of form and color, that has hidden the faces of parents and friends, is gradually yet surely disappearing. She can now plainly discern objects about her room and on the streets, and on the 16th of the present month could distinguish colors for the first time since she was stricken with blindness. "You may say for me," said Miss Shenton, "that Osteopathy is all right; it cannot be praised too highly for what it has already done for me. I shall do all I can to have the unjust discrimination against its practice in my state removed. I firmly believe that 25 per cent. of all the blindness, and 50 per cent. of the cases of insanity in my state can be cured by Osteopathy." Miss Shenton's case ought certainly be a powerful though silent argument in itself for the repeal of the hasty and unjust legislation of last winter.

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Another notable case is that of Mr. E. J. Boyd, of Olympia, Washington, who came here in the latter part of August. He took a month's treatment and then visited friends in Kansas, returning here in the latter part of October. His whole course of treatment so far has embraced a period of about eight weeks. His trouble was intercostal neuralgia and he had been under constant medical treatment without benefit, for nearly three years past. The terrible pain under which he has suffered for so many long months is supposed to have resulted from injuries received in a railroad accident in 1871, by which he sustained serious injuries across the back and chest. Three years ago he was attacked by his present neuralgic troubles and they have steadily grown worse since that time. The best physicians of Olympia and of Seattle were consulted and a course of treatment entered upon including the usual dosing with drugs, and blistering common to the profession, all to no purpose. Electricity was also used without relief. Finally Mr. Boyd went to San Francisco and visited the celebrated German Hospital, in that city. There the eminent specialists in charge advised a surgical operation as the only chance for relief. This the patient decided not to submit to under any circumstances. He then consulted Dr. Gardner, the head of the medical and surgical department of the S. P. Ry. system. Dr. Gardner, after a careful examination said that he could do nothing for him, and advised him as a last resort to come to Kirksville and try a course of Osteopathic treatment. Other friends who knew something of the new system of treating diseases had previously urged him to come here, and this decided him. At this time he was taking frequent and heavy doses of morphine to deaden the intense pain under which he suffered. Since the first treatment under Osteopathy he has taken no medicine of any kind and now considers himself practically cured. "You may say for me," said Mr. Boyd, "that Osteopathy is all right—I cannot say too much in its praise, in view of what it has done for me in such a short time. There has been no return of my old troubles, and barring a little soreness of the parts treated, which is gradually

disappearing, as I gain strength, I consider myself practically cured." Mr. Boyd expects to leave in a few days for the west.

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Among the patients who have recently enrolled at the A. T. Still Infirmary is Mr. J. H. Brown, of Cambria, Wyoming. Mr. Brown and family drove through by private conveyance. This long journey of one thousand miles was made by easy stages, twelve weeks being spent in the trip. Six weeks of the time was devoted to actual travel. They arrived in Kirksville about the 5th of October. Mr. Brown has been for several years a helpless invalid from a severe dislocation of the spine. Last year a course of treatment was taken in the Chicago hospitals and his case was examined by one of the most eminent Chicago surgeons. His treatment at the Chicago hospitals resulted in no permanent or perceptible benefit. Only six treatments have so far been taken since his arrival at the A. T. Still Infirmary, and the interviewer found Mr. Brown and wife both highly delighted with the evidences of improvement already experienced, and full of hope and confidence in the ultimate and complete restoration to health and activity.

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"Not a miracle, but it seemed like one to the friends interested," says a local paper speaking of the case of Miss Mae Critchfield, of Oskaloosa, Kansas. Miss Critchfield's case exemplifies to a remarkable degree, the reward of faith and perseverance when rightly directed. Even when her physicians here in the Infirmary were almost hopeless of success, Miss Critchfield's faith in Osteopathy did not waver. At length that faith has been rewarded by a result far exceeding the most sanguine expectations of those who were conversant with the case. Describing her own case to the reporter, Miss Critchfield said:

"Two years ago last February I had a very severe attack of cerebro spinal meningitis, and was unconscious for fourteen days. My head was drawn back and the tension on the cords and muscles was so intense that even my eyes were rolled upward until nothing was visible but the white.

"During this time two physicians were in constant attendance. The disease left me with a dislocated hip and with the upper left portion of the body paralyzed from the centre of the back. I could not lift my left arm and the left side of my neck being paralyzed, my head had even to be propped up when I was not lying down. At this time pins stuck into the left part of my body and into my left arm gave no sensation of pain. I was so nearly helpless that even my hair had to be combed for me by an attendant. I could sit up only a small portion of the time."

This was Miss Critchfield's condition when she came to the A. T. Still Infirmary on the 17th day of April, 1895. She was treated at first by Dr. A. T. Still, Dr. Chas. Still, and Dr. Landes, now of Grand Rapids, Michigan. The latter had charge of the case most of the time during the first year, and at length succeeded in restoring sensation and the use of the nerves and muscles of the paralyzed portion of the body. "I want you to give Dr. Landes credit for this portion of the treatment for he deserves it," said Miss Critchfield.

"For when I came here remember I was in such a bad condition that my home physicians said I would never get here alive, or if I did, I would never leave here alive. I went home in July of that year for a few weeks visit, and then returned here and remained a year,

being under treatment to restore the muscles and tendons to something approaching a normal condition preparatory to setting my dislocated hip—the dislocation was the head of the femur out, down and resting in the obturator foramen, pushing the pelvis up and causing the limb to be short two and a half inches. The muscles being so drawn and contracted it took some time for them to yield to the treatment. On June 27th, 1897 while walking along the street, the muscles gave way letting the head of the femur rest on the obturator nerve which caused a spasm of the limb. This lasted for one week. The doctors thought this to be a reaction and had hopes of setting the hip, but the muscles being so very weak the limb would give away."

This necessitated the use of crutches and from the 6th day of July until the first day of November she was compelled to use them constantly. What then occurred is thus narrated in the Saturday Mail of November 13th:

On last Monday something startling occurred. It was so startling that it even scared Dr. Harry Still the operator, and all in the operating room. We don't know anything about Osteopathic or anatomical terms. We only know from our interview with Miss Mae, that the hip was set; the proper bones were put in place and she walks today with only the slightest trace of a limp. A happier girl it would be hard to find. As her mother says, "it is hard to realize that what we have all been hoping and praying for has come to pass. You can hardly imagine our gratitude."

In describing this incident to the writer, Miss Critchfield stated that she has not used her crutches since; that she arose from the operation and walked around the Infirmary and from there to her home some six blocks distant, and that she is now practically well, with the exception of the necessarily weakened muscles which are gradually gaining tone and strength by use. The last time Miss Mae was at her home in Kansas her friends urged and advised her to go east to have a surgical operation performed, stating that it was useless to depend upon Osteopathy for a restoration of the limb to its normal condition, but her faith in the principles of the new science was so great that she disregarded the advice and returned here, and truly, at last that faith was rewarded. This is surely a great victory for Osteopathy, for it disproves the assertion of the old school of practice which contends that a limb cannot be reset after a certain time. "One fact like this, however, is worth a whole volume of theories."

RECENTLY LOCATED.

Dr. Harry W. Emeny, a graduate of the class of '97, has opened offices in Magnolia, Miss., and New Orleans, La. He intended to locate there several months ago, but was prevented by the strict quarantine regulations. Dr. Emeny recently returned from a month's successful practice in Sharpsville, Pa. He is a first class operator, and the people of Magnolia and New Orleans are to be congratulated upon securing his services.

Dr. Ernest P. Smith and Dr. Bertha M. West will locate in Fargo, N. D., Dr. E. B. Morris returning to Kirksville.

* * *

Dr. Wm. Hartford, after making an extended tour of the west, has decided to locate at Ogden, Utah. Dr. Hartford has met with splendid success, is a good operator, and will no doubt make the new practice famous in the land of the Mormon.

The Journal of Osteopathy.

KIRKSVILLE, MISSOURI.

PUBLISHED MONTHLY UNDER THE AUSPICES
OF THE

AMERICAN SCHOOL OF OSTEOPATHY.

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IT IS very probable that Osteopathy will be brought up for recognition in several state legislatures this winter. Friends are at work in the different states and it is hoped all those who have personally investigated this practice will speak or write their state legislators regarding it. The friends of Osteopathy throughout the United States would make quite an army. A united effort put forth in the right direction this winter will accomplish wonders. Old '97 brought four states into line; what will '98 do?

WORD comes to the JOURNAL, that the law in Pennsylvania is not adverse to the practice of Osteopathy. It appears that the laws only forbid the practice of any system of healing that is not recognized in at least two states. If this is true, Osteopaths, now recognized in four states, can legally practice in Pennsylvania. The JOURNAL also has the information that an Osteopathic diploma was recently accepted for registration in Texas. These reports are being investigated, and should they prove true, full particulars will be given next month.

THE JOURNAL's pages are open to all Osteopaths for the discussion of the science, and practitioners are urged to record the results of their experience in the field of disease. Results are indisputable evidence of merit—the public is interested in a record of results—but the practicing Osteopath wants to hear more of methods from his brother practitioner. The habit of recording accurately, diagnosis, treatment, and progress, is a good habit for Osteopaths as well as for practitioners of other schools.

The JOURNAL would be glad to receive scientific articles, as well as records of cures, from Osteopaths who are out in the field.

DR. GEO. W. TULL and wife left Kirksville October 22nd for Honolulu, Hawaiian Islands. Dr. Tull goes to Honolulu as the family physician of Mr. and Mrs. J. B. Atherton, of that city. Mrs. Atherton has been in Kirksville over a year, with her daughter, who was brought here for treatment. Dr. Tull and party will sail from San Francisco on the Australia for Honolulu November 30th. The best wishes of all Osteopaths and friends of Osteopathy go with them. Dr. Tull enjoys the distinguished honor of being the first Osteopath to unfurl the Osteopathic banner in a foreign land, and the honor could not have fallen upon more worthy or able shoulders. The doctor has promised to keep the JOURNAL readers posted regarding his work.

THE American Association for the advancement of Osteopathy is rapidly perfecting its organization. Applications for membership are coming in very satisfactorily, and much good work is promised for the year 1898. Before the close of the year, it is hoped, every practicing Osteopath who is a graduate of a reputable school, will have become an active member of this association. The plan of the organization is practical and business-like. The leaders of the movement are men of irreproachable character and executive ability. Altogether it is an organization eminently fitted to represent Osteopathy in the world. It is connected with no school; no one connected with a school can hold office in it. Attention is called to the directory published elsewhere in this issue.

ATTENTION is called to the article of Dr. Smith on "Imprints from Others." It is an interesting recital of personal reminiscences of his university associations, and shows that Dr. Smith has had exceptional advantages in his scholastic and professional culture. This article is especially lively, inasmuch as the "Journal of the American Medical Association" gave credit to a statement made by an irresponsible drug sheet

printed in Detroit, that there was no such medical school in Edinboro, as the one from which Dr. Smith is certified as having graduated. The endorsement of this false statement was afterward retracted by the medical "Journal." No one who has ever heard him could doubt for a moment the scientific and scholarly attainments of Dr. Smith, as a demonstrator in anatomy. His lectures are exact and exhaustive, and delivered with all the effects of literary grace and didactic skill. He never uses a note and is never at a loss for an answer to the most disputed question in his department. He lectures every day to a class numbering 225. The students, without exception, do their best work for him, and Dr. A. T. Still gives him the very highest place in anatomy, for his abilities and enthusiasm as a scholar and a leader.

THE Syracuse (N. Y.) Herald, of Nov. 16, contained the following:

"Still trying to elucidate the theory that the bones can be used as levers to relieve pressure on nerves, veins and arteries, and boldly attacking some medical theories of long standing, the Journal of Osteopathy continues to exist for a well defined purpose. The November issue is replete with information which will interest physicians, no matter of what school, and may convince some of them that Osteopathy and common sense may after all be related. The periodical is published monthly under the auspices of the American School of Osteopathy at Kirksville, Mo."

THE physician who is well equipped to relieve human suffering can always command remuneration for his services. The competent Osteopath goes out into the world well prepared to do effective battle with the ills of the flesh. His work will easily bring him monied reward, but he cannot afford to measure his success in dollars and cents. To do this will belittle his profession, dwarf his intellect, and render his success but temporary. If he courageously uses the great means at his command and devotes his best energies to the alleviation of human suffering, he need have no care for financial success will come as surely as water will run down hill. This fact is forcibly told by the celebrated surgeon, Dr. Chas. Phelps, of New York, in a recent address on Surgery. He says:

"The healing art, when inspired by sympathy and guided by a full sense of its serious responsibilities in the relief of suffering and in the preservation of human life, yields precedence in the sacredness of its mission only to the ministrations of the Church, and is worthy of the chivalric regard of the best of men; but practised as a simple business occupation, and degenerated to a vulgar scramble for the gain it brings, it is but a carrion trade, and they who practise it are no longer ministers of mercy, but prowlers in the shadow of the tomb, who find their profit in disease and death and fatten on decay."

EVERY practicing Osteopath and every student of Osteopathy should take a personal interest in increasing the circulation of the Journal. Every issue of this publication is doing much to pave the way for those who will soon go out to practice, and is doing an invaluable work for those who are out practicing. The publishers will appreciate every little effort put forth in behalf of the Journal, and will do all in their power to make the publication a credit to the profession.

MASON W. PRESSLY, Ph. D., was recently elected to the chair of Physiology, by the trustees of the American School of Osteopathy. Dr. Pressly is a graduate of Princeton, having also taken a post graduate course in that institution, and attended Harvard University, winning a fellowship in the Divinity school of Harvard in 1889. At Princeton, he made a special study of metaphysics, philosophy, physiological psychology and biology. He has received the degrees of Bachelor of Arts, Master of Arts, and Doctor of Philosophy. Dr. Pressly is a gentleman of rare culture, a deep thinker, magnetic, and thoroughly alive to the Osteopathic idea, of which he is one of the ablest exponents. His course in physiology will be arranged to suit the needs of Osteopathy. The addition of Dr. Pressly to the faculty is a valuable one, both for the school and the science.

CORRECTION.

IN DR. STILL'S article on Milk, page 316, first paragraph, commencing with sentence on tenth line read: "Does it not have to enter anew the process of being atomized and take on life before its atoms can enter the blood" etc.

THE
American Association
FOR THE
Advancement of Osteopathy.

OFFICERS.

President—Daniel B. Macauley.
1st Vice-President—Mrs. N. H. Bolles, D. O.
2d Vice-President—Miss Adeline Bell, D. O.
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Secretary—Miss Irene Harwood.

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President and Secretary, EX-OFFICIO.
George J. Helmer, D. O.
Charles A. Peterson.
Mrs. S. S. Still, D. O.
C. G. Wheeler.
A. L. Evans.

ASSOCIATION NOTES.

The association would be glad to welcome as members all eligible Osteopaths and under-graduates.

Applications for membership should be made to the Secretary.

The present headquarters of the association are at Kirksville, Mo. All correspondence should be addressed there to the Secretary.

Expressions of opinion as to the best time and place for the first annual meeting would be welcome from all members.

The case of the association against the Barber school is in good legal hands and progressing favorably.

Progress can also be reported in another case which will provide a valuable precedent in the prosecution of offenders under the Missouri Osteopathic law.

The Board of Trustees would be glad to hear of preparations for another good, rousing meeting of the Local Organization of the A. S. O.

RECEPTION TO GOV. BRIGGS.

Governor F. A. Briggs, of North Dakota, has been taking treatment at the A. T. Still Infirmary during the past month. The students and friends of Osteopathy everywhere feel very kindly toward Governor Briggs for his friendly attitude toward the science in signing the bill passed last winter by the North Dakota legislature, admitting it to equal terms of practice in that state. Friday night, November 12th, a reception was tendered the governor in the large Memorial Hall of the institution. As a further mark of their appreciation and as a memento of the occasion they also presented him with a large onyx lamp purchased by popular subscription among the students now in attendance at the American School of Osteopathy. Every available seat was taken at an early hour, and the entrance of Governor Briggs and the committee was the signal for enthusiastic applause. It was several minutes before Secretary Hulett, who presided and announced the program, could gain the attention of the throng. When Dr. A. T. Still made his appearance and took his place at the side of the governor, there was another outburst of enthusiasm from all parts of the hall. Formal proceedings were opened by music on the piano, by Miss Kate Steveson, who presided at the instrument and interspersed the program with a number of beautifully rendered selections.

Dr. A. T. Still delivered one of his characteristic talks to the students and friends of Osteopathy, which elicited rounds of applause. He was followed by Dr. A. G. Hildreth who spoke of the legislative feature in the battle of Osteopathy for legal recognition and fair play. Mr. George Burton spoke as the representative of the American Association for the advancement of Osteopathy, in which he paid a grateful tribute to the Governors of Vermont, Michigan, Missouri and South Dakota, the first four states to give the new science full legal recognition on their statute books. Rev. Hardin, on behalf of the students, made the presentation speech to which Governor Briggs responded in a few words of thanks for the testimonial of their esteem.

After the formal program was ended a large number of those present availed themselves of the opportunity to greet the governor personally and to express their thanks for his kindly attitude toward the practice of the new science in his state.

SCHOOL NOTES.

Dr. L. H. Taylor, of Peoria, visited Osteopathic headquarters on the 13th ult. Dr. Taylor is enjoying a nice practice.

Dr. Mollie Baldwin, who has been practicing very successfully at Brookfield, Missouri, during the past six months, is visiting at the home of Osteopathy. She thinks of locating in Texas.

Governor F. A. Briggs, of North Dakota, left for California on the 22nd ult. He expressed himself as very much interested in Osteopathy and pleased with his treatment here.

Dr. Chas. Hulett has removed from Unionville, Mo., to Chillicothe.

Dr. Chas. Still and wife and Miss Blanche Still are in New York for a brief vacation.

Dr. C. P. McConnell is again at his post, after a two weeks' vacation. He visited Evanston and Chicago.

AN OSTEOPATHIC PLAY.

All interested in Osteopathy in Kirksville were during the past month much interested in a play, the jointwork of Dr. William Smith and Mr. Robert Darton, which dealt in an instructive and entertaining manner with the subject of Osteopathy.

Mr. Darton is one of the recent converts to the truths of Osteopathy and from his long experience with the stage, both in Europe and this country as an actor and stage manager, not to mention as a play-wright, was eminently fitted to make a dramatic success of what he undertook, while to Dr. Smith fell the duty of writing the more distinctively Osteopathic part of the little drama. The play is entitled "Crutches for Sale" and in its production, which took place on the 28th, 29th and 30th of October. Almost all the characters were sustained by students in the school of Osteopathy. Both authors also

sustained parts. The plot is simple but effective. A western ranchman has two sons who desire to change their mode of life from that desired by their father, one to study Osteopathy, the other to enter the church. Their father naturally objects, but decides to leave the question of the Osteopathy student to the opinion of Dr. Jones, a regular physician with whose two daughters the boys are in love. Dr. Jones strenuously objects, characterizes the whole thing as rubbish and declares that he can never countenance any attentions paid his daughter by a "quack" such as Tom must turn out if he persists in his idea. The boys are lads of strong determination and pursue the courses laid out by themselves, and return home about the same time, the one an Osteopath, the other a clergyman. They again meet the girls and while out among the hills the elder daughter, Carrie, sustains a severe fall which injures her spine. Dr. Jones is distracted with grief and calls in two surgeons who decide that the only chance is an operation upon the spine.

Tom expresses his urgent desire to attempt the cure of the case, but the father, while deeply sympathizing with him, feels it his duty to leave the matter in care of men of the old school. Tom then decides that radical measures are needed, the girl is on the operating table, the surgeons are laying out their instruments, the father is ready to administer chloroform when the trio are bundled out of the house with the aid of the colored servants and a widow who is setting her cap at the old doctor.

Tom undertakes the case and in a few moments produces by relieving the compression on the spinal cord such symptoms as satisfy the father that "Osteopathy is no fake." Having suffered for years with a crippled limb he now announces that "if Osteopathy can cure him he will drop his old-line practice and at once betake him to Kirksville to study Osteopathy." The cure is complete, and the curtain falls on a group of happy people.

All concerned played their parts well and the universal opinion in Kirksville was that

no brighter, cleaner or better and more interesting and instructive play had ever been seen upon the boards of the local theatre. It may be mentioned that the receipts from the three performances were very much in excess of anything ever received from amateur performances in this town. Dr. Still was present at the first performance and was more than delighted at the practical lecture on Osteopathy which this little drama produces. Of course the above synopsis is a mere skeleton outline of what when filled out is a connected and finished bit of work. Among the characters are a couple of colored servants, an old maid hailing from the city of Boston, the widow mentioned above and her smart little 14 year old daughter, in all fourteen characters and the play is so written as to give all a chance for work; it is no "one-part" business.

SEPTEMBER CLASS.

By a misunderstanding the report of the September class organization was not given to the Journal in time for the November issue.

This class, strong numerically, numbering one hundred and four earnest men and women, representing eighteen different states, met in Memorial Hall September 25, 1897, for the purpose of effecting an organization.

Mr. J. S. Baughman was elected temporary chairman and presided with efficiency and dignity.

Permanent officers were elected for a term of one year.

Mr. H. McIntyre, of Randolph, Vermont, for many years an honored member of the U. S. Seal commission, was the unanimous choice for president; Mrs. A. L. Conger, of Akron, Ohio, vice-president; Mrs. Chloe C. Carlock, of Normal, Illinois, secretary; Mr. S. G. Barnes, of Chicago, Illinois, treasurer.

A committee was appointed to perfect arrangements for promoting all the interests of the class.

The committee consisting of Mrs. A. L. Conger, Mr. W. B. Howells, Mr. J. S. Baughman, Mr. H. Woolery and Mr. C. C. Ried, submitted the following report:

That the president, vice-president, secretary, treasurer, perform the duties usually devolving on those officers;

That an executive committee of five—two ladies and three gentlemen be appointed to act for the class, the elected officers being members of the committee, ex-officio;

That class meetings are to be held subject to the call of executive committee;

That instead of regular dues money be raised by assessments as occasion may require;

That a class Historian be appointed;

That committees of not less than three persons be appointed as follows: Decorations, entertainment, reception, music, athletics.

The colors chosen by the class were the royal purple and gold. A few mornings later Mrs. Conger surprised the members by presenting to each one a badge of these beautiful colors. This delicate expression of Mrs. Conger's "class spirit" was greatly appreciated by every one.

Space forbids a full report of this meeting, which was a very happy one and not soon to be forgotten. A genuinely fraternal feeling was manifest throughout the session, pleasing speeches were made by the elected officers and other members of the class, expressing appreciation of the school, its faculty, equipments and advantages.

One especially agreeable feature of the meeting was the invitation to Col. A. L. Conger to become an honorary member of the class. This was in recognition of the enthusiastic interest Col. Conger has shown in Osteopathy and the support he has given to the science personally, and also of the fact that his wife is an active member of the class and wished that he, as he had been associated with her in all the experiences of her life, might also be in this last great enterprise.

A committee was appointed to wait upon Mr. Conger and bring him before the class.

He expressed in fitting words and with emotion his appreciation of the courtesy, and the members expressed their sympathy by their hearty applause.

We hope the class spirit displayed on this pleasant occasion will grow with the months and bespeak for the members of this organization mutual pleasure and profit and the success that always follows conscientious effort.

MRS. CARLOCK, Sec.

Letters From Graduates.

Dr. Edgar Bigsby, Monmouth, Ill.

One case I have to report this month is of a lady who came to me for treatment about three months ago. On examination I found the cervix large, presenting a granular surface, with a very offensive discharge from the uterus.

The following letter was written by the patient who is well pleased with the results of the treatment:

After feeling miserable for several years I concluded to see what an M. D. could do for me, then tried in vain all sorts of home remedies and different kinds of medicines from the drug store. I could hardly tell where I felt the worst. Among other things the M. D. told me I had a cancer of the womb in bad form that needed very prompt attention and advised the use of a knife, which I felt would be sure death. My husband and little girl were grief-stricken, and after counselling awhile—wondering which way to turn for relief—we thought of some who had been helped by Osteopathy and resolved to try it.

I am happy today over what it has done for me. I feel like a new woman—a new wife, a new mother—growing stronger and better all the time, through the skilful labors of Dr. Bigsby and his wife. Many have nothing but praise for Osteopathy for what it has given them, that grandest of all blessings—health. MRS. LIZZIE HEBERER.

Monmouth, Ill., Oct. 11.

Another interesting case was that of Lillian Jarvis, of this city, who writes the following. She says:

I want to say a few words for Osteopathy and what it has done for me. Nearly two years ago I was compelled to give up my work on account of my health. My back ached so all the time the least exertion nearly set me crazy; I had no strength, and was nervous. I tried doctors and took bottle after bottle of patent medicine, but got no relief. Finally this summer I commenced taking treatment of Dr. Bigsby, our Osteopath, and commenced to feel better right away.

I have gained in health and strength to such an extent that words cannot express how grateful I feel to Dr. Bigsby and Osteopathy. I sometimes forget I have a back and can sew all day, whereas, two months ago I couldn't sew two hours without stopping to lie down and rest.

My wish is that Osteopathy may soon be recognized in every state in the Union.

LILLIAN JARVIS,

Monmouth, Ill., Sept. 5.

Dr. H. E. Nelson, Louisville, Ky.

Osteopathy is still flourishing in Kentucky despite the efforts of a few narrow minded people to put it under without the slightest pretence of investigation into its merits.

I enclose copy of a testimonial from one of my patients in New Albany, Ind., which she desires should be published, and which was given me upon my request for a history of her case. She says:

Dr. Harry E. Nelson, of Louisville, Ky., wants me to tell what I think of Osteopathy, but words fail to express my opinion of a science that gives hope to the hopeless, and health where every other known remedy has failed. I will tell a little of what Dr. Nelson and Osteopathy have done for me.

I was an almost helpless invalid for more than ten years. During that time I tried nearly all of our local physicians, who are considered good ones as far as medicine is concerned, besides doctors from New York, Cincinnati, Chicago and Wellsville, Ohio. These included practitioners of Allopathy, Homeopathy, Eclectic and the "Needle Doctors." I tried magnetic appliances, electricity, the Electro-poise and various and sundry patent nostrums, finding no relief in any of them and getting worse all the time.

I became completely discouraged and "swore off" from doctors and medicine, having proven to my entire satisfaction, that as far as my individual case was concerned, there was absolutely no virtue in drugs. I had spinal trouble and nervous prostration and the doctors treated me for numberless other complaints which I did not have. I was unable to walk, could not bear the least noise or excitement. Riding made me deathly sick, and even to think of being in a crowd would set up a palpitation of the heart that was almost suffocating.

When spoken to about Osteopathy I said: "You need not tell me anything about doctors; I am never going to try any more of them. I am told that nothing but surgery can cure me and I am not going to submit to an operation." But the lady said: "The Osteopaths give no drugs." She was a very enthusiastic advocate of Osteopathy and gave it to me in Allopathic doses for about an hour until I had consented to try it.

After Dr. Nelson treated me for a month I could ride every day without any ill effects. I went to church and Sunday school for the first time in nine years and people looked at me in open-eyed amazement, since no one had ever expected to see me out again. Now I walk very well, sleep well and am improving every day. My spine was so tender

when Dr. Nelson began treating me that I could hardly bear the lightest touch.

My case is one of such long standing, and so widely known, that it is a good test as to what Osteopathy can do. One of my physicians said he would rather cure me than any six patients he ever had. I am as enthusiastic in favor of Osteopathy now as the lady who first recommended it to me, and I think it is a disgrace to American freedom that the states can legislate against it, and in some of them, take from helpless, suffering humanity their only means of relief.

M. A. S.

2009 E. Oak St., New Albany, Ind.

Have several other interesting cases, which I may report later. Success to the Journal.

H. E. NELSON, D. O.

210 W. St. Catherine St., Louisville, Kentucky.

Dr. Horton F. Underwood, New York City.

EDITOR JOURNAL.—Since writing you I have made a change and now have an office at 107 East 23rd St., New York. My hours there are from 1 to 4:30 p. m. I devote my mornings to my work in New Jersey. My practice is growing very nicely now, and the results have been encouraging.

I recently had a case of curvature of the spine in upper dorsal region, both lateral and posterior. The patient, a young lady 19 years old, was treated ten weeks. There was also some trouble in the cervical region.

The case had been diagnosed as Bright's disease, spinal trouble and I don't know what else. The mother writes as follows regarding the case:

My daughter Nellie, aged 19, suffered for eight years with all sorts of diseases—at least the doctors who examined her each gave her trouble a different name. She was almost totally blind, and suffered a constant pain in her back. Dr. Underwood at once located her trouble in the spine and under his treatment she was entirely cured. She was greatly relieved the first week, having laid aside her glasses on the third day to need them no more. We now call her a perfectly well girl. She is in school every day, and studies every night without her glasses. I feel I owe a great deal to Osteopathy and cannot say too much in favor of it.

MRS. L. A. ENSIGN.

Hancock, N. Y., Nov. 1.

Mrs. M., of West 20th St. New York, came to me for treatment one month ago. She was just recovering from a severe attack of gall stones. Her nervous system was entirely run down, following the death of her husband. She felt that she was liable to another attack at any time and did not be-

lieve she would survive it. After a month's treatment all symptoms of her trouble have disappeared.

HORTON FAY UNDERWOOD, D. O.

107 E. 23rd St., New York City.

Dr. L. B. Smith, Dixon, Ill.

Dr. L. B. Smith, of "the class of '97," who has been practicing very successfully at Erie, Ill., has been prevailed upon by prominent friends of Osteopathy at Dixon, Ill., to remove to that city. Dixon is a beautiful and wideawake city of ten thousand inhabitants, and Dr. Smith writes that his prospects there are very flattering.

Concerning his work at Erie, the doctor cites the following letter from a patient:

As I have become a greatly interested reader of the "letters from graduates" in the Journal of Osteopathy, I felt that I too, would like to tell what Osteopathy has done for me. I feel that it would be unjust to longer withhold my testimony after the benefit I have received, so I will write a brief statement, hoping other sufferers who may chance to read this may be induced to try Osteopathy and obtain relief. I have been afflicted with asthma from childhood. As I grew older my suffering increased. I have tried many physicians and remedies prescribed by others which would give relief for a time. But the disease grew upon me till I had asthma spasms, and it was thought many times I couldn't live through another.

For months at a time, what sleep I had, I got in my chair. My suffering has been so intense at times that I have taken a great deal of medicine. It seemed I could not bear the pain without it, yet my physician assured me all I could hope for was only temporary relief. My stomach would rebel at times and up the medicine would come, 'till finally, my stomach seems to be almost paralyzed by the long continued use of strong drugs. For several years past, I have been obliged to inhale medicine several times during the night in order to lie down and rest at all. And again it seemed as if nothing would keep off the attacks. I am still very weak from suffering and never expect to be entirely well, but feel so encouraged since trying Osteopathy I hope to get some enjoyment in life yet.

Now I deem it a pleasure as well as a duty to tell what Dr. L. B. Smith, a graduate of the American School of Osteopathy at Kirksville, Mo. has done for me. Friends advised me to try him and I began the treatment, September 14. After a time I could see an improvement. There was not such tightness through the chest and I seemed to be doing nicely, when I took a severe cold which brought me again to death's door. As Dr. Smith was not located here I could not get him. An Allopathic doctor was called in, but my stomach refused to retain any drugs. When the day came for Dr. Smith's regular visit to our town I sent for him. He came and I rallied at once. I have taken six-

teen treatments in all and my cough is nothing to what it was, and I can go to bed and rest so good 'till morning. I take no medicine nor have I inhaled any medicines for a long time. I wish to mention here, that I have taken treatment for an injury occasioned by a fall, also for other troubles which I will not mention here and been greatly benefited. I hope every sufferer may fall into the hands of as skilful a practitioner as Dr. L. B. Smith and I pray God's blessings may rest upon him for what he has done for me, and that Osteopathy may prosper.

Anyone wishing proof of this statement, write enclosing stamp and I will cheerfully answer.

MISS ELIZA HOLLAND.

Thomson, Ill.

J. S. Gaylord, Jacksonville, Ill.

I am closing up my business here, as I expect to go to Franklin, Ky., with Dr. Ammerman, Dec. 1.

I will give a short account of three cases which I treated about a year ago. I prefer to give these cases to call attention to the fact that Osteopathic cures are permanent, and that the effects, while they may sometimes be a little slow, do not "wear off."

One interesting case was a lady who had been told by the M. D's that the tibia was diseased and the diseased part would have to be scraped away before it would heal. Two weeks' Osteopathic treatment gave great relief. She stopped treatment at the end of six weeks and is now entirely well.

A gentleman had rheumatism in his leg and foot; was on crutches, and the M. D's had fitted a brace for his foot. I gave him one treatment, and in two months without more treatment he was well.

Another gentleman had dyspepsia and constipation for ten years. Was not able to do any manual labor for a year or more. The first treatment gave relief and two months treatment was all that was necessary to effect a cure.

The first two I know are well now, and the last one I have reason to believe is. The pain in the tibia case was caused by a slight displacement of the hip, obstructing the blood supply and pressing on the nerves. The rheumatic case was a displacement of the innominate bone at its articulation with the sacrum.

Yours Truly,

J. S. GAYLORD, D. O.

Jacksonville, Ill.

J. O. Hatten, St. Louis.

EDITOR JOURNAL—I will comply with your invitation to contribute a few lines to the Graduate's Department, and will enclose one of my letters from a patient which may be of interest to some of the students of Osteopathy. This case is one which was given up as hopeless but the writer is now enjoying good health. The letter is as follows:

DR. J. O. HATTEN—I beg to tender you our heartfelt thanks for the kindness shown toward Mrs. Edwards while under treatment with you for uterine hemorrhage and epilepsy, and we believe the science of Osteopathy to be far superior to all other systems for the treatment of disease. Especially can I testify to such being true in the case of my wife, who had previous to taking treatment from you been a sufferer for 20 years from epileptic fits of the worst type. Under such a strain had she lived that her memory had become affected. Then on the 15th of March last, she was attacked with uterine hemorrhage which lasted until April 25th, when it resulted in a premature birth of three months, caused (so the physician in attendance stated) by a fibroid tumor of a polypus nature which was expelled in 36 hours after birth with the placenta and connected thereto. We then thought that the doctor would certainly be able to stop the hemorrhage, but to our surprise it increased to such a degree that my wife was at the point of collapse both physically and mentally, when on the 22nd of June we took her to you and you kindly took charge of the case and in the second treatment you had it under perfect control, and from the first treatment the fits stopped and she has not had an attack since and we desire to again thank you for the measure of health she now enjoys and we pray that the star of Osteopathy may grow brighter day by day until it bursts forth as the sun of relief to suffering humanity. Yours respectfully,

ALFRED EDWARDS.

904 Penrose St., St. Louis.

Wishing you and all abundant success and many more years for dear old Dr. Still,

I remain, yours sincerely,

J. O. HATTEN, D. O.

Odd Fellows' Bld'g, St. Louis.

H. W. Emeny, Sharpsville, Pa.

I came here at the urgent request of Mr. Walter Pierce of this place who is sorely afflicted with paralysis, having had two severe and several light strokes in the last seven years; but who still has hopes of getting well and wants Osteopathic treatment. Will remain here about two weeks, then will return to Kirksville and go south from there.

This is an excellent location for some

Osteopath, being situated between two good towns of about 10,000 inhabitants each. Osteopathy has been very well advertised here through the Journal as I have had several calls since I came.

H. W. EMENY.

Sharpsville, Pa.

A. D. Mahaffay, Marshall, Mo.

I have been here but six weeks, taking up the work begun by Dr. Hannah, who had been here some three months and done some good work. Osteopathy is well established here and patronized by the very best of citizens. Our practice is increasing each week.

Having a number of interesting cases, I will mention one.

Mrs. M. F. S.—An elderly lady who had for a number of years "suffered several deaths" with neuralgia of the jaw. She says for years she hardly got a night's rest, sitting

up in bed and crying with her jaw, she had her teeth all pulled out thinking that would relieve it. Then she took a trip to California to see if a change of climate would bring relief, but all to no effect.

She finally decided to try Osteopathy, and when she presented herself to Dr. Hannah for examination, she was in such a nervous state that she could hardly tell what was hurting her the most. The examination proved that her jaw was dislocated and causing all the trouble. Her progress has been slow and steady, and now after two months treatment with Dr. Hannah and myself, she is almost cured, can rest at night, says she sleeps well, can wear her teeth sometimes all day—something she could hardly do at all before—and is in better health and weighs more than she has for years.

Success to Osteopathy.

A. D. MAHAFFAY.

Hotel Hurt, Marshall, Mo.

PUBLISHERS' NOTES.

THE policy of accepting none but genuine Osteopaths and Osteopathic institutions in our advertising columns, the publishers believe will be appreciated by both the public and all honorable practitioners of the science.

* * *

THE publishers have set fifty thousand as a circulation high water mark for the present year, and if every Osteopath and friend of the science will lend a helping hand, this handsome showing will be reached by the end of the present volume.

* * *

As an advertising medium for graduates of Osteopathy there is no better or cheaper medium than the Journal. A professional card inserted in these pages will fall into the hands of thousands of people whom the practitioner could reach by no other medium. Then, in addition to a professional card in its pages, the practitioner will find that the circulation of extra copies throughout the

territory surrounding the city in which he is practicing, will arouse an interest in the science which he could never excite by local advertising, and which would require many months successful work on his part. A favorite plan with many of the graduates is to subscribe for extra copies to be sent each month to the addresses of prominent people in the vicinity where located. These extra copies are furnished from this office at a nominal cost, the price barely covering cost of printing and mailing, and are mailed direct from Kirksville. One hundred copies judiciously used each month by the graduate will be found a profitable investment. The operators who have tried this plan are universally pleased with it. Then in addition to furnishing a profitable advertisement for the local practitioner, it is a splendid thing for the advancement of the science. An Osteopath who desires to see an interest awakened among the people regarding his profession, can thus make his local advertising a source of profit to both himself and the science.

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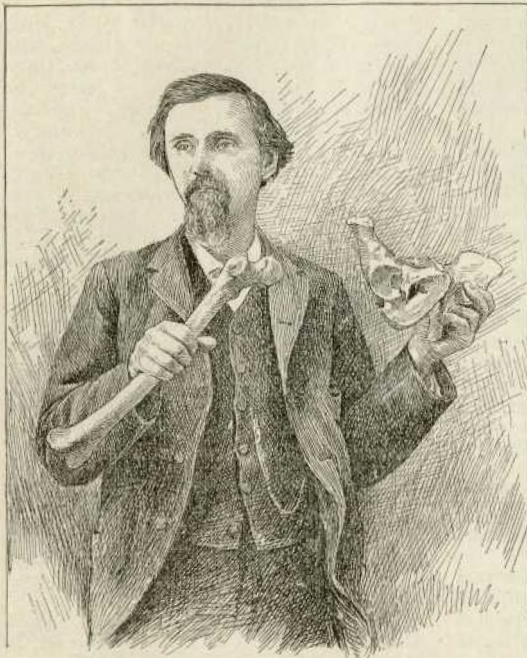
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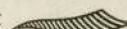
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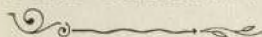
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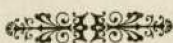
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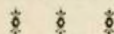
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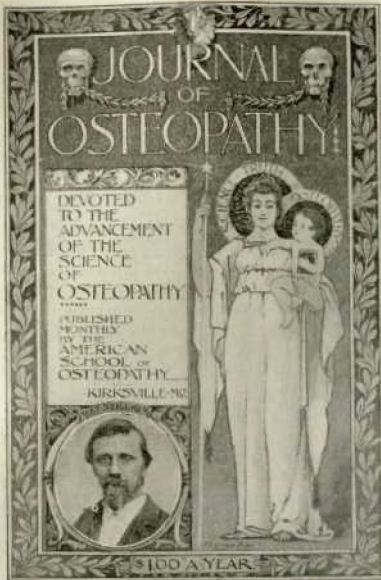
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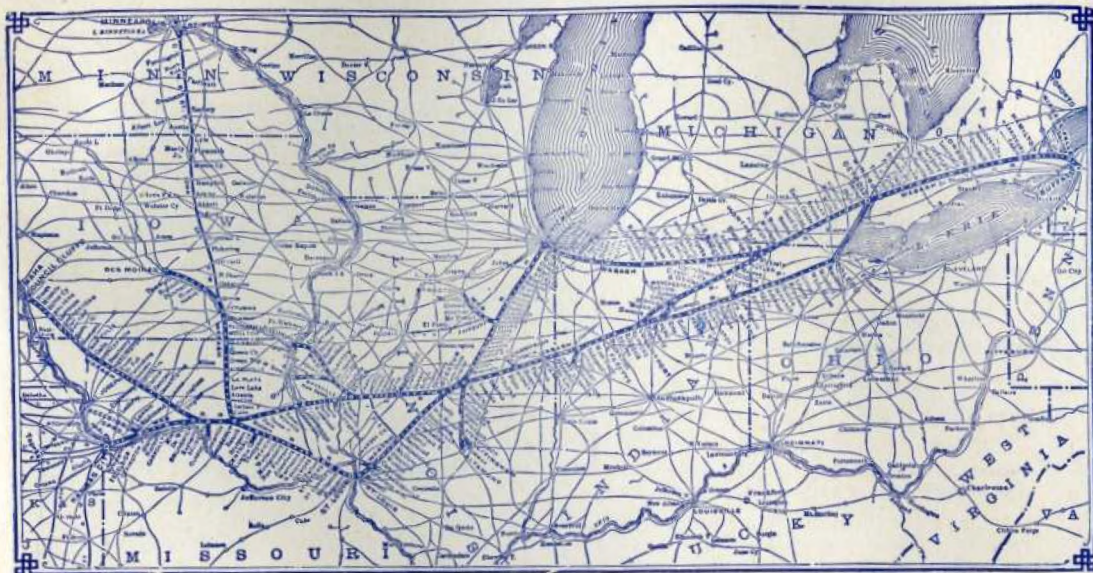
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